

BREAK *not so* FAST

(7am to 2.30pm)



*Vegan / GF : May contain traces
*Advice for any allergies or special diet requirement

BREAKY**French Toast (GFO)****\$14.99****Pancake****\$14.99**

Banana / Mixed berries

OMELETTE (GFO)

(All Omelets Are Served With Hash Brown And Toasted Ciabatta Bread)

(Choose any 4)**\$22.99**

Veg:

Capsicum / Jalapeño / Mushroom / Onion / Spinach / Tomato

Non Veg: Bacon / Chorizo / Chicken / Ham

WRAPS**Spinach, Scrambled Egg & Swiss Cheese****\$18.99****Sausage with Salsa, Avacado****\$18.99**

& Scrambled Egg

Breakie Wrap**\$19.99**

Bacon, hash brown, scrambled egg with house made BBQ

Tandoori Chicken Wrap**\$20.99**

Tandoori marinated chicken with salad & Indian herbs

TOASTY STATION (GFO)**Bacon & Egg Muffin****\$9.99**

Fried egg & streaky bacon in a toasted English muffin

Sausage & Bacon Muffin**\$11.99**

High-protein breakfast layering a savoury beef patty, crispy bacon and melted cheese on a toasted English muffin

Mighty Breaky Muffin**\$15.99**

High-protein breakfast layering a savoury beef patty, crispy bacon, melted cheese and a fried egg on a toasted English muffin

The Classic Cheese**\$10.99**

Two slice of swiss and tasty cheese on toasted ciabatta bread

Salad, Cheese & Tomato (VGO)**\$11.99**

Salad, cheese & tomato with herbs on toasted ciabatta bread

Ham, Cheese & Tomato**\$11.99**

Smoked ham, cheese & tomato with herbs on toasted ciabatta bread

Bacon & Egg Toastie**\$14.99**

Fried egg & streaky bacon in the toasted ciabatta

Spinach & Mushroom (VGO)**\$16.99**

Ricotta spread on toasted ciabatta bread topped with fresh spinach, mushroom & salad

Chicken Tikka Toastie**\$19.99**

Tandoori chicken tikka & spinach drizzle with mint mayo on ciabatta bread

Breaky Burger**\$17.99**

A savoury versatile toasted brioche bun filled with crispy bacon, a fried egg, melted cheese, beef patty, hash browns, avocado, and garnished with BBQ sauce

EGG ON TOAST (GFO)

Free Range Eggs On Toast **\$17.99**

Choice of egg - buttery scrambled
/ sunny side / double fried / poached egg

Smashed Avo On Toast **\$19.99**

Feta, dukkah & avocado mixture on toasted
ciabatta with salad

Avocado Pico On Egg **\$23.99**

Avo mixture with pico de galo (salsa) on ciabatta slice
two eggs of your choice :

Fried egg / Poached egg / Sunny side egg

Chorizo Scrambled **\$23.99**

Spicy chorizo scrambled egg served with ciabatta

Roma Egg Benedict **\$23.99**

Pesto spread on ciabatta topped with poached egg,
bacon, marinated tomato on hollandaise sauce

(Add on : Ham \$6.49 / Salmon \$7.99)

Texas Egg Benedicts **\$24.99**

Avo spread on ciabatta bread topped with chorizo,
poached egg, salsa & hollandise sauce

(Add on : Ham/Bacon \$6.49 / Salmon \$7.99)

The Big Breakfast (VO) (VGO) **\$28.99**

Two eggs your way, bacon, grilled tomato, salad,
mushroom & spinach, baked beans, hash browns,
chipolata sausage & toasted ciabatta

FRUIT

Fruit Platter **\$14.99**

SIDES

Bowl Of Chips **\$8.99**

Garlic Bread **\$8.99**

EXTRAS

Extra Eggs **\$3.99**

Hashbrown **\$3.99**

Bake Beans **\$5.49**

Chipolatas (2pcs) **\$5.49**

Bacon / Ham **\$6.49**

Smoked Salmon **\$8.49**

COFFEE

Signature Blend

Caramel - Hazelnut - Stonefruit

\$4.80

Americano
Espresso
Double Espresso
Long Black
Cappuccino
Flat White
Latte
Mocha
Long Mac
Piccolo Latte
Short Mac



UPGRADE

Alternative Milks

\$0.50

Mug Upgrade

\$0.80

KEEP IT HOT

Baby Chino

\$2.50

Dirty Chai

\$5.50

Hot Chocolate

\$5.50

Milo

\$5.50

LATTE WITH LOVE

Chai Latte

\$5.50

Macha Green

\$5.50

Turmeric Latte

\$5.50

Vanilla Chai Latte

\$5.50

KEEP IT COOL

Iced Black Coffee

\$7.00

Iced Chai Latte

\$7.00

Iced Choc

\$7.00

Iced Coffee

\$7.00

Iced Latte

\$7.00



TEA

(RIPPLE EFFECT)

Chai Spice (Heartwarming & Soothing)

\$6.00

English Breakfast (Satisfying & Energizing)

Fragrant Earl Grey (Classic & Aromatic)

Herb Garden (Refreshing & Uplifting)

Meaningful Green (Nourishing & Memorable)

Organic Lemongrass & Ginger (Zesty & Stimulating)

Whole Leaf Peppermint (Lively & Fresh)

CAKE & MUFFINS

Banana Bread

\$6.99

Carrot Cake

\$7.99

Chocolate Mud Cake

\$7.99

Blueberries Muffin

\$6.99

Chocolate Muffin

\$6.99

FRAPPÉ

\$9.99

Oreo

Butterscotch Espresso

Double Vanilla

Choc Hazelnut

Salted Caramel Chocolate

MILKSHAKES

\$8.99

Chocolate / Caramel / Vanilla / Spearmint / Strawberry

FRESH PRESSED JUICES

Alpha-Beets

Apple, beetroot, carrot, lemon, ginger

Greens Bizare

Spinach, celery, apple ginger

Mixed Apples

Royal gala, pink lady and granny smith apples

Straight Oj

Just straight orange juice

Strawberry Dreams

Strawberry, pineapple, royal gala

Vitamin See

Carrot orange lemon ginger



\$10.99

\$10.99

\$10.99

\$10.99

\$10.99

\$10.99

POWER JUICES

Cleanser

Carrots, beetroot, spinach

Hangover Cure

Oranges, mango, pineapple, banana

Young Coconut Water

Water (100%) found in the center of a young, green coconut

\$11.99

\$11.99

\$11.99

ENERGY BOOSTERS (ADD PROTEIN SHOT \$ 2.99)

Calcium Booster

Carrots, spinach, broccoli

Iron Booster

Carrots, beetroot, apple

Immune Booster

Orange, apple, spinach, lemon

Liver Booster

Beetroot, apple, lemon

Memory Booster

Carrots, kiwi, apple, watermelon, banana

Power Booster

Carrots, oranges, apple

Vitamin Booster

Orange, apple, kiwi, watermelon, banana

\$11.99

\$11.99

\$11.99

\$11.99

\$11.99

\$11.99

\$11.99

SMOOTHIES (VG)

Berry Go Round

Raspberry, blackberry, strawberry

Big 5

Strawberry, mango, kiwi, apple & pineapple

Coco Loco

Coconut, pineapple, mango, mint & lime

Pash 'n' Shoot

Passionfruit, mango & pineapple

Strawberry Split

Strawberry & banana

Booster

Boost energy levels with this fabulous blend of banana, mango, spinach and lime juice

Detox

Blueberries, boysenberries and banana, with dates for natural sweetness

Energise

Super refreshing, made with pineapple, strawberries, pear, apple and dates

Reboot

A taste of the tropics with mango, pineapple, banana & passionfruit

Vitality

A delicious, refreshing non-banana option with mango, strawberries, raspberries and goji berries

Acai Activate

Delicious acai smoothie blend with acai puree, blueberries, bananas, boysenberries and dates

\$10.99

\$10.99

\$10.99

\$10.99

\$10.99

\$11.99

\$11.99

\$11.99

\$11.99

\$11.99

\$12.99