

# WINTER MENU



## Apple Pie Bowl

Apple juice, honey, cinnamon, apple & banana  
Topped with a natural muesli & hot stewed apples

**SMALL: 17.5      LARGE: 21.0**

## Soulful Spice Smoothie

(gf, df, v)

Almond milk, pumpkin spice mix, dates, almond butter, salted caramel protein & banana

**SMALL: 11.5      LARGE: 12.5**

## Sticky Date Oats 14

(df, v)

Oats, almond milk, diced dates, homemade sticky date sauce, pecans & banana

## Cold Brew 6.5

Housemade cold brew to keep you caffeinated

## Strawberry Matcha

Iced strawberry matcha

**SMALL: 8.0      LARGE: 8.5**

## Toastie Menu 13

### CLASSIC HAM

A go-to classic: Ham, cheese and tomato on sourdough, toasted to perfection

### VEGGIE TOASTIE

Pesto, cheese, tomato, spinach on sourdough

ADD: smashed avocado +3.0

## Avocado Toast 12.5

Two slices of toasted sourdough, topped with smashed avocado, sprouts and salt and pepper

## Ham & Cheese Croissant 12.5

A freshly toasted croissant filled with layers of ham and cheese

## Health Shots 4.5

### GUT RELIEF

Activated charcoal, chia seeds, ginger, orange, lemon & honey

### IMMUNE BOOST

Ginger, turmeric, cayenne pepper, honey & vinegar

### ENERGY BOOST

Fresh ginger, cayenne pepper, lemon & honey