

Winter Menu



Hot Oats

13.0

CRUNCH CRISIS

Creamy oats topped with peanut butter, banana, almond flakes, peanuts and honey

CHOC MANIA

Creamy oats with cacao and chocolate protein, topped with almond butter, coconut flakes, strawberries and cacao nibs

APPLE CRUNCH

Creamy fruit oats, topped with apple, cinnamon, almonds, dates and honey

Bounty Smoothie

Coconut milk, choc coconut protein, cacao nibs, coconut ice cream and banana

SMALL: 11.5

LARGE: 13.5

Soup of the Day 10.5

Ask us what flavour soup we have today.
Served with toast.

Cold Brew

6.5

House made cold brew to keep you caffeinated on a frosty morning

Gourmet Muffins 6.5

Made locally, ask our team what's fresh out of the oven today.

+ A medium coffee \$8

Toasties 9.0

CLASSIC HAM

A go-to classic: ham, cheese and tomato toasted to perfection

VEGGIE

A toastie with olive oil, cheese, spinach, tomato, pesto served with sprouts on top

Avocado Toast 10.0

Two slices of toast topped with mashed avocado, sprouts and salt and pepper

Ham & Cheese Croissant 9.5

A freshly toasted croissant filled with layers of ham and cheese