

BEVERAGES

Coffee 4.5

Hot chocolate, Mocha or Chai powdered latte 5.0

Turmeric spiced latte 5.5

Iced Milk or Black 6.5

Extras 0.5 (mug, extra shot, decaf, soy, almond, oat, lactose, flavoured syrup (vanilla, caramel, hazelnut))

T-nomics Tea 5.0

English Breakfast, Royal Earl Grey, Jasmine Green, Peppermint, Chamomile,
Lemongrass & Ginger, Orange & Hibiscus

Masala Chai Leaves (brewed with honey & milk) 6.0

Cold Pressed Juices 7.5

Valencia Orange- 100% Oranges

Gingered Apple- Green Apple, Ginger, Lemon

Watermelon+- Watermelon, Apple, Strawberry, Lime

Love Beets- Beetroot, Carrot, Apple, Ginger, Lime

Daily Greens- Celery, Apple, Silverbeet, Pear, Lemon, Ginger, Functional Botanicals

Sublime Pine- Pineapple, Pear, Apple, Lemon, Mint

Smoothies 9.5

Banana or Strawberry (milk, yoghurt, honey)

Banana Bender (banana, choc protein, milk, cinnamon)

Water & Soft drink

Still Water 4.0

Sparkling Water 4.5

Coke, Coke Zero 4.0

Lemon Lime & Bitters 5.5

Lemon Ice Tea 5.5

LUNCH

Classic Sandwiches

Steak Sandwich- grilled sirloin, mixed leaf lettuce, caramelised onion, cheddar cheese, sliced tomato and mayo on Turkish bread. 16

Pulled Chicken- pulled chicken, chunky avocado, semi dried tomato, cheddar cheese and crunchy mayo slaw on sourdough. 14

Leg Ham- shaved leg ham, mixed leaf, artichoke, roasted capsicum, feta and taramasalata on sourdough. 14

NY Reuben- beef pastrami, sauerkraut, gherkins, cheddar cheese and mustard mayo on rye. 14

Bacon Melt- grilled bacon, rocket, avocado, semi dried tomato and provolone cheese on Turkish bread. 14

Panko Chicken Schnitzel- mixed leaf lettuce, sliced tomato, avocado, cheddar cheese and chilli mayo on sourdough. 14

Roasted Veggie- rocket, beetroot hummus, avocado, artichoke, roasted capsicum and semi dried tomato on soy linseed. 14

Salad bowls

Greek Chicken Bowl- Marinated grilled chicken, cous cous, rocket, chickpeas, roasted pumpkin, crumbled feta, pomegranate and lemon olive oil. 19

Poke Bowl- Atlantic salmon sashimi diced with vermicelli noodles, avocado, edamame beans, kimchi, pickled carrot and seaweed salad with a Japanese Yuzu dressing. 22

Dacos Bowl- Grilled lime chicken, crunchy sourdough, cherry tomato, capers, olives, crumbled feta, parsley & avocado with balsamic. 19

Mediterranean Falafel Bowl- Oven roasted falafel with brown rice, cabbage, Persian feta, pickled onion, beetroot hummus, babaganoush, and grilled Lebanese flatbread. 19