

# ALL DAY TAKEAWAY MENU

Please inform one of our friendly staff if you have any dietary requirements or food allergies & we will be happy to assist and accommodate.

**Fruit toast or Banana Bread**, served with Butter, House Jam 10

**Acai Bowl - (served cold)** Coconut, Mixed Nuts, Mixed Berries, Kiwi, Granola & Chia Seeds (add peanut butter 1.5) (V) 15.5

**Two Free-Range Eggs on Toast your way** 10

**Bowl of Chips** served w Housemade Vegan Mayo & Tomato Sauce 9

**Roquette & Pear Salad** served w Almonds, Parmesan & House Dressing (add Free Range Chicken 6) 10

## HOUSEMADE PIES 11

**Mushroom and Leek (Vegan)**

**Moroccan Chicken**

**Grass Fed Beef**

ADD CHIPS 4.5

## HOUSEMADE SAUSAGE ROLLS

Beef or Vegan Veggie 7.5

## TOASTIES

### W SMOKED DUTCH & MOZZARELLA OR VEGAN CHEESE (GFO)

Roasted Mushroom : Goats Curd & Truffle Mayo 14

Haloumi : Roasted Peppers, Spinach & Tomato Relish 14

Steak Sanga : Caramelized Onion, Mayo & BBQ Sauce 15

Chicken Parma : Ham & Napoli Sauce 15

## SIDES & EXTRAS

Extra Condiments 1

Extra Toast 1.5

Free Range Egg 2.5

Gluten Free Bread / Pumpkin Bread 2.5

Free Range Bacon / Ham 4.5

Moroccan Free Range Chicken 6

Smoked Salmon 6

Roast Tomato

Falafel (V) 4

Haloumi

Side Salad 4.5

Side of Chips 4.5

## BURGERS 21

*All Burgers are served w a side of Chips or Salad*

**Grass Fed Beef Patty** - Bacon, Tomato, Lettuce, Pickles, Onion Relish, House Made Mayo, Cheese & BBQ Sauce (GFO, DFO)

**Cajun Free Range Chicken** - Tasty Cheese, Tomato, Lettuce, Beetroot (GFO, DFO)

**Veggie Patty** - Avocado, Tomato, Vegan House Made Mayo, Onion Relish, Vegan Cheese (GFO, V, VG)

## BENNY'S 20.5 (GFO, DFO, VGO)

*All Benny's are served w two Free Range Eggs & Hollandaise Sauce*

**Benedict** - Smashed Avocado & Bacon on a Bagel

**Atlantic** - Smoked Salmon, Cream Cheese, Spinach, Caper berries & Pickled Onion on a Bagel

## CIABATTA ROLLS / SOURDOUGH (GFO)

**Free Range Egg & Bacon** - House Made Mayo & Onion Relish 11.5

**Free Range Moroccan Chicken** - Lettuce, House Made Mayo, Tomato, Onion Relish & Cheese 13.5

**HCT** - Free Range Ham, Cheese & Tomato 10.5

**BLT** - Free Range Bacon, Lettuce & Tomato 10.5

**Falafel** - Pumpkin, Beetroot Hummus, Tomato & Lettuce (V) 10.5

V = VEGAN    VG = VEGETARIAN    GF= GLUTEN FREE    DF = DAIRY FREE    O = OPTION

There is a 15% surcharge on Public Holidays

## KIDS 7

Free Range Egg on Toast  
Free Range Ham & Cheese  
Hot Cakes w Ice Cream & Maple Syrup  
Cheese Burger (Patty, Cheese, Bun & Tomato Sauce)

Add Chips 4.5

## COLD DRINKS

<b>STRANGE LOVE (330ml)</b>	4.5
Double Ginger Beer	
Holy Grapefruit	
Lemon Squash	
Very Mandarin	
Smoked Cola	
Sparkling Mineral Water (500ml)	5.1

<b>EMMA &amp; TOM'S JUICES</b>	4.5
Straight Squeezed Pure Orange	
Pressed Cloudy Apple	
Green Power - apple, banana, passionfruit, plum, lemon, spirulina, chlorella, alfalfa, kelp, spinach	
Extreme C - apple, strawberry, banana, guava, orange, mango, blackcurrant, rosehip powder	
Bottle of Truth (600ml) still water	3

## GROWN UPS

<b><u>BEER &amp; CIDER</u></b>	8
Three Ravens Pilsner	375ml
Bad Shepherd Pale Ale	375ml
Flying Brick Cider Co.	330ml
Tallboy Moose Lager	375ml

<b><u>WINE</u></b>	
House White or Red - glass	8

<b>Mimosa</b> - Prosecco & Orange Juice	10
<b>Bloody Mary</b> - Tomato Juice, Jalapeno, vodka & spices (or virgin 10)	13
<b>Espresso Martini</b>	13.5
<b>Zonin Prosecco</b>	8

## COFFEE

Espresso	3.5
Long Black / Macchiato / Flat White	
Latte / Cappuccino / Iced latte	4.2
Magic	4.4
Affogato	5
Mocha	4.5
Iced Mocha	5.5
Iced Coffee	5
Iced Chocolate	5
Batch Brew	4.5
Pourover (weekdays only)	5.5
Cold Drip	4.5

### **COFFEE ADD ON'S**

Large	.7
Extra Shot	.5
Flavoured Syrups (Fettle & Co)	
Vanilla / Caramel	.5

### **MILK OPTIONS**

Bonsoy	.5
Oat (Alternative Dairy Co.)	
Almond (Alternative Dairy Co.)	
Coconut (Milk Lab)	
Lactose Free (Milk Lab)	

## SPECIALTY

### **CALMER SUTRA CHAI (vegan)**

Chai Tea	4.5
Chai Latte	5
Iced Chai Latte	6
Tumeric Latte	4.5
Matcha Tea (organic)	4.5
Matcha Latte (organic)	4.8
Hot Chocolate (RFA Certified) *	4.4
Iced Chocolate (RFA Certified) *	5

### **ORGANIC LOOSE LEAF**

English Breakfast / Earl Grey / Green	4.2
Peppermint / Chamomile	
Lemongrass & Ginger	

## MILKSHAKES & SMOOTHIES

### **MILKSHAKES**

(natural flavouring by Fettle & Co)	7.5
Kids	5
Strawberry / Caramel / Chocolate	
Coffee / Honey Comb / Vanilla	

### **SMOOTHIES**

Banana - Walnut, Cinnamon, Flaxseed, Honey & Almond Milk	8.5
Green - Spinach, Banana, Apple, Mango, Lemon Juice, Spirulina, Kelp	
Flaxseed, Vegan Protein Powder, & Oat Milk	
Acai Smoothie - Blueberry, Mango, and Coconut milk (add peanut butter 1.5)	



\*RFA - Rainforest Alliance Certified

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