

Please inform 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, 11.5

**Soup of the Day (served with sourdough)** 12.50

**Acai Bowl - (served cold)** Coconut, Mixed Nuts, Mixed Berries, Granola & Chia Seeds (add peanut butter 2.0) (V) 17

**Bircher Muesli** - Apple, Roasted Almonds, Pistachio, Cranberry, Coconut, Apricot, Coconut Milk (V) 16

**Lemon Pancakes** - Mango Compote, Raspberry Coulis, & Maple Syrup, served with Coconut Ice-Cream (GF, DF, V) 21.50

**Two Free Range Eggs on Toast your way (add your own sides)** 12

**Rosti** - Pumpkin Smash & Seasonal Greens (V) 21  
(add Free Range Egg 2.5)

**Super Salad** - Zucchini, Cucumber, Black Rice, Cherry Tomatoes, Spiced Chickpeas, Lettuce, Carrot, Beetroot Hummus, Mint Sauce Dressing (V, GF) 22

**Za'atar Smashed Avo** - Avo Smash, Cherry Tomato, Fetta Cheese, Crispy Spiced Chickpeas, Topped w Roquette & Za'atar Dressing (add one Free Range Egg 2.5) (GFO, DFO, VO, VG) 21

**Bowl of Chips** served w House made Mayo & Tomato Sauce 9.50

**Roquette & Pear Salad** served w Almonds, Parmesan, & House Dressing (add Free Range Chicken 6) (VO) 11

### SIDES & EXTRAS

Extra Condiments	1	Mushroom	
Extra Toast	1.5	Spinach	
Free Range Egg	2.5	Roast Tomato	
Gluten Free Bread / Pumpkin Bread	2.5	Falafel (V)	4.50
Free Range Bacon / Ham	4.5	Feta	
Avocado / Smashed	4.5	Haloumi	
Moroccon Free Range Chicken	6	Potato Rosti	5
Smoked Salmon	6	Side Salad	5
		Side of Chips	5

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

PTO kids and drinks menu

### BURGERS 23

*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, Mango Salsa (GFO, DFO)

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

### BENNY'S 22 (GFO, DFO, VGO)

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

**Benedict** - Smashed Avocado, Grass Fed Beef Brisket on an English Muffin

**Atlantic** - Smoked Salmon, Cream Cheese, Spinach, Caper Berries & Pickled Onion on a English Muffin

**Smashing Pumpkin** - Walnut Pesto & Sage served on Pumpkin Bread

### CIABATTA ROLLS / SOURDOUGH (GFO)

**Free Range Egg & Bacon** - House Made Mayo, Onion Relish 12

**Free Range Moroccan Chicken** - Lettuce, House Made Mayo, Tomato, Onion Relish & Cheese 15

**BLT** - Free Range Bacon, lettuce & Tomato 11

**Falafel** - Pumpkin, Beetroot Hummus, Tomato & Lettuce (V) 11

### TOASTIES

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

**Roasted Mushroom** : Goats Curd & Truffle Mayo 15

**Haloumi** : Roasted Peppers, Spinach & Tomato Relish 15

**Grass Fed Beef Brisket** : Sauerkraut, Mayo & Pickles 16

**HCT** : Ham, Cheese & Tomato 14

There is a 20% surcharge on Public Holidays

## KIDS 7.5

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

### **STRANGE LOVE (330ml)** 4.5

Double Ginger Beer  
Holy Grapefruit  
Lemon Squash  
Very Mandarin

Sparkling Mineral Water (500ml) 5.6

### **FAMOUS SODA (330ml) zero sugar** 4.60

Cola  
Blood Orange

### **EMMA & TOM'S JUICES** 4.60

Straight Squeezed Pure Orange  
Pressed Cloudy Apple  
Green Power - apple, banana, passionfruit, plum, lemon, spirulina, chlorella, alfalfa, kelp, spinach  
Karma Rama - Orange juice, pineapple juice, mango puree, banana puree, passionfruit pulp, ginseng  
Bottle of Truth (600ml) still water 3

## GROWN UPS

### **BEER & CIDER** 8.5

Balter Hazy IPA 375ml  
Peroni Nastro Azzurro 375ml  
Apple Cider 375ml

### **WINE**

House White or Red - glass 8.5

### **Mimosa - Prosecco & Orange Juice** 11

**Bloody Mary** - Tomato Juice, Vodka, Hot Chilli  
Vodka, & Spices (or virgin 10) 14

**Espresso Martini** 14  
**Zonin Prosecco** 8.5

## COFFEE

Espresso	3.8
Long Black / Macchiato / Flat White	
Latte / Cappuccino / Iced latte	4.6
Magic	4.8
Affogato	5.5
Mocha	4.9
Iced Mocha	7.5
Iced Coffee	7
Iced Chocolate	7
Batch Brew	4.5
Pour over (weekdays only)	6
Cold Drip	4.5

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

Large	.7
Extra Shot	.6
Flavoured Syrups (Fettle & Co)	
Vanilla / Caramel	.5

### **MILK OPTIONS** .6

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

## SPECIALTY

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

Chai Tea	4.8
Chai Latte	5.5
Iced Chai Latte	6
Turmeric Latte	4.6
Matcha Tea (organic)	4.6
Matcha Latte (organic)	4.8
Hot Chocolate (RFA Certified) *	4.6
Iced Chocolate (RFA Certified) *	7

### **CALMER SUTRA ORGANIC LOOSE LEAF**

	4.8
English Breakfast / Earl Grey / Green	
Peppermint / Chamomile	
Lemongrass & Ginger	

## MILKSHAKES & SMOOTHIES

### **MILKSHAKES** (600 ml)

(All natural flavouring )	9.50
Strawberry / Caramel / Chocolate	
Coffee / Honeycomb / Vanilla / Banana	

### **SMOOTHIES** 9.50

Banana - Walnut, Cinnamon, Flaxseed, Honey & Almond Milk  
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 2.0)



\*RFA - Rainforest Alliance Certified

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