



## ALL DAY MENU

### BIRCHER MUESLI 6.50

Spiced oats, raw apple juice, coconut, yoghurt, fruit, nuts

### HOUSEMADE GRANOLA 8.50

Fruit, honey Greek yoghurt, nuts & seeds, coconut milk

### LOCAL EGG FRITTATA 4.75

Spinach, herb, onion + house made sauce

### HAM & CHEESE CROISSANT 7.50

### AVOCADO TOMATO TOAST 7.50

Basil, olive oil, marbled rye sourdough

### LIFE-CHANGING TOASTS

Cream cheese & choice of house made preserve 7.50

Avocado, tomato, basil, olive oil 7.50

Steamed local eggs, avocado, Bomb sauce 9.75

---

## SALADS

### BREAKFAST SALAD 6.75/11.75

Steamed egg, avocado, tomato, spinach, capers, flourless nutty croutons, yoghurt ranch

### BEEF SALAD 6.75/11.75

Shredded beef & carrot, cilantro, greens, berry balsamic, avocado, mixed nuts +/- feta

### TURKEY SALAD 6.75/11.75

Turkey breast, greens, tomato, carrot, cucumber, avocado & yoghurt ranch

## WRAPS

### WHOLE WHEAT 8.50

### VEGGIE FLAX WRAPS (GF) 9.75

Hummus veggie wrap - check specials board for details  
Any of our salads (less croutons for egg salad)

## ENGLISH MUFFINS

### MUSHROOM & BRIE 5.75

Mozzarella, spinach, red onion, zucchini relish

### THE CUBANO 6.50

Swiss cheese, mustard, garlic mayo, ham, pickle

### SMOKED SALMON 6.75

Arugula, cream cheese, red onion, lime zest, capers

---

## MARBLED RYE SOURDOUGH GRILLED CHEESE

### TURKEY & BRIE 8.75

Mozzarella, spinach, red onion, sorrel hot pepper jelly

### GRILLED VEGGIE 8.25

Mozzarella, spinach, grilled peppers, sundried tomato, house made preserve

### REUBEN ROYALE 6.75/11.75

Swiss cheese, pastrami, sauerkraut remoulade, arugula, aubergine fig chutney



## SUPER SMOOTHIES

CONTAIN NATURE'S SUPERFOODS FOR A NATURAL BOOST

### SPICY CHAI 8.50

milk, chai spices, maca, honey, banana

### CACAO MINT 8.50

milk, peppermint, spinach, banana, raw cacao nibs

### ONE LOVE 8.50

milk, raw cacao, maca, banana

### THE HIGH ROLLER 9.50

milk, avocado, maca, dates, raw cacao, banana

## GREEN:

### THE HULK 8.50

green alkalizer juice, spirulina, banana

### MATCHA GREEN 8.50

milk, matcha green tea, spinach, banana

### CLEAN GREEN 8.50

coconut water, spirulina, spinach, mango, pineapple

### SUPED UP CLEAN GREEN 10.50

CLEAN green + avocado & hemp protein

### DR GREEN 9.50

coconut water, spirulina, spinach, lemon, honey, ginger, green apple, avocado +/- garlic & cayenne

## PINK:

### SUPED UP BERRY 8.50

milk, mixed berries, acai, banana, honey

### THE AMAZONIAN 8.50

coconut water, acai, mango, mixed berries, honey

### TICKLED PINK 8.50

pink ginger juice, banana, acai

### TICKLED CLEAN 9.00

pink ginger juice, chia, date, mango + pineapple

### THE FRESH MAKER 9.50

coconut water, blueberry, ginger, mint, mango, pineapple, honey, chia

## JUICE BASED SMOOTHIES

LIGHT, FRUITY & REFRESHING. DAIRY FREE

### ORANGE JULIUS 6.75

orange juice, banana

### FRISKY MONKEY 6.75

orange, grapefruit, lemon & lime juice, banana

### PINK PANTHER 6.75

watermelon juice, strawberry, banana

### SUN SALUTE 6.75

coconut water, oj & pineapple juice, mango, banana

### CARMEN MIRANDA 6.75

oj, pineapple & watermelon juice, strawberry, peach, mango, banana

## JACKED UP SMOOTHIES

CONTAIN PANTHER ESPRESSO FOR YOUR CAFFEINE FIX

### JACKED UP GEORGE 8.50

espresso, milk, vanilla stevia, banana

### ALL DAY EXPRESS 8.50

espresso, milk, granola, peanut butter, banana

### HARLEM EXPRESS 8.50

espresso, choc almond milk, banana

### TIRAMISU 9.50

espresso, milk, avocado, maca, vanilla stevia, banana

### THE CHAI EXPRESS 9.50

espresso, milk, chai spices, maca, honey, banana

## MILKY SMOOTHIES

(DAIRY OR NON-DAIRY) CHOICE OF 2% DAIRY, COCONUT, CHOCOLATE OR ORIGINAL ALMOND MILK

### CURIOUS GEORGE 6.50

milk, vanilla stevia, banana

### BOB THE BUILDER 6.50

milk, peanut butter, banana

### ALL DAY BREAKFAST 6.50

milk, granola, peanut butter, banana

### STRAWBERRY SHORTCAKE 6.50

milk, strawberry, banana, honey

### HARLEM SHAKE 6.50

chocolate almond milk, banana

### CHUNKY BOB 6.75

milk, peanut butter, banana, chocolate chunks

### PEPPY LONGSTOCKINGS 6.75

chocolate almond milk, peppermint, banana, chocolate chunks

add vegan vanilla protein or natural hemp protein +2.00

sub bananas for other fruit +.50c

add ginger juice to any juice or smoothie +.50c



## COLD-PRESSED JUICES \$6.50

### GREEN PARTY

kale, parsley, cilantro, mint, celery, cucumber

### GREEN ALKALISER

kale, parsley, cilantro, mint, celery, cucumber, watermelon

### GREEN POWER

kale, parsley, cilantro, mint, celery, cucumber, watermelon, apple,  
pineapple

### PINK GINGER

beet, carrot, pineapple, apple, ginger

### FRISKY SOUR

grapefruit, orange, lemon, lime

### FRUIT PUNCH

watermelon, orange, pineapple

### WATERMELON (+/- GINGER)