

FOOD MENU



flip for drinks + coffee

ALL DAY BRUNCH

RG MUESLI 16.9
greek yogurt, honey, fresh fruit,
berry compote

RICOTTA HOTCAKES 22.9
(GF) greek yoghurt, couli,
seasonal fruit, maple syrup

OG BURGER 17.5
toasted brioche bun, bacon,
egg, tomato, avo, swiss cheese,
chutney, mayo

BREAKY BURRITO 24.9
bacon, cheesy scrambled egg,
corn, tomato and avo salsa,
special sauce, jalapeno

BLT 17
turkish roll, bacon, lettuce, fresh
tomato, chutney, mayo + avo +3

FLORENTINE ON ROSTI 22
(GF) 2 poached eggs on potato
rosti, wilted spinach, hollandaise,
roast tomatoes
+ seared leg ham 26.9
+ smoked salmon 29.5

SWEETCORN + ZUCCHINI 22.5
FRITTERS (GF) tomato and avo
salsa, house made beetroot puree

CASHEW CRÈME & AVO 22.9
(VA) grilled sourdough, cashew
cream, sliced avo, sauté kale, salsa
verde, cherry tomatoes

MENEMEN 22.5
turkish style scrambled eggs,
tomatoes, peppers, fresh
coriander, fetta, sourdough

EGGS YOUR WAY 14.5
two free range eggs, sourdough,
roast cherry tomato
- fried - poached - scrambled +2

EXTRAS

Poached Egg 3
Bacon | Mushrooms | Avo 6ea
Haloumi | Spinach | Chorizo
Crispy prosciutto | Braised beans
Salad (Side) | Potato Rosti 7.5
Smoked Salmon | Grilled Chicken 9.5ea
Homemade Hummus 4
Chutney 1.5
Grilled Sourdough / piece 4
Gluten Free Bread +2

LUNCH

DAILY GOODNESS BOWL 15
+ grilled chicken & tzadziki +12.9
+ falafel & hummus (VA) +12.9
+ grilled Atlantic salmon +14.9

CHICKEN OR VEGIE BURGER 18.9
toasted brioche bun, haloumi,
avo, beetroot relish, lettuce,
chutney, mayo + choose
marinated chicken breast
OR corn fritter pattie
+ roast potatoes +6

ROMANO TARTINE 18.9
romesco, fiore di latte, fresh
tomato, basil oil, sourdough
+ crispy prosciutto +6

SALMON TARTINE 23.9
smoked salmon, cream cheese,
beetroot puree, kohlrabi + fennel
remoulade, capers, pickled red
onion on sourdough

STEAK SANDO 24.9
seared marinated scotch steak,
caramelised onion, cheese, lettuce,
tomato, chutney & mayo, focaccia
+ roast potatoes +6

SOMETHING LIGHT

SOURDOUGH TOAST 9
with jam, vegemite, honey
or peanut butter
SMASHED AVO ON TOAST 13.5
SOURDOUGH FRUIT TOAST 9
CROISSANT with jam 8
HAM + CHEESE CROISSANT 13.5
+ add tomato +1.5
ROAST VEGIE FRITTATA (GF) 11
TART OF THE DAY 9.5
+ add salad to tart or frittata 18.5

See fridge for daily toasties
and pastries

DRINKS MENU



ask for our SA wine list

SMOOTHIES

BERRY ME dairy milk, mixed berries, honey, natural yogurt	11
BANANA dairy milk, cinnamon, banana, honey, natural yogurt	11
MANGO coconut milk, mango, honey, natural yogurt	12
GREENIE (VG) coconut milk, pineapple, spinach, banana, avocado, chia seeds	12
MENO banana, peanut butter, collagen, soy milk, yoghurt	13
NUTTY (VG) almond milk, natural protein, peanut butter, blueberries, spinach, banana	14
+ PROTEIN COLLAGEN	+2.5

JUICES

CLASSIC orange apple	10
IMMUNE apple, carrot, orange, ginger	10
CLEANSE spinach, celery, apple, ginger, lemon, mint, cucumber	10
BEET ME beetroot, celery, apple, carrot, ginger	10
MELON BLISS watermelon, apple, strawberry, mint	10
GINGER SHOT	10

SOFTIES

STRANGELOVE Lo Cal SODAS Lemon Squash Double Ginger Beer Vintage Cola Blood Orange	7
KOMBUCHA Ginger Turmeric Mixed Berry	7
Sparkling Mineral Water 350ml	6
Purezza Sparkling Water Carafe	5.5

COFFEE

ESPRESSO	3.8
MACCHIATO, PICCOLO	5
LONG BLACK, FLAT WHITE, LATTE, CAPPUCCINO	5 6
CHAI LATTE, HOT CHOCOLATE	5.5 6.5
DIRTY CHAI, MOCHA	6.5 7.5
PRANA SPICED CHAI	8
MAGIC	6
COLD BREW + cold foam	6 +1.5
MATCHA LATTE	7.5
ICED STRAWBERRY MATCHA	9
Extra Shot, Decaf	+1
Alternative Milk	+1
Flavoured Syrup	+1
AFFOGATO	9
ICED CHOCOLATE	10
ICED COFFEE	10
ICED MOCHA	11
MILKSHAKES chocolate strawberry vanilla hazelnut caramel	9

TEA

ICED GREEN TEA lemon peach	6.5
POT FOR 1	6
POT FOR 2 english breakfast earl grey chai green peppermint camomile lemongrass ginger	9

REAL FOOD MADE FROM SCRATCH.

(GF) gluten free (GFO) gluten free option (VA) Vegan (VA) Vegan Available