

7 Days Trading Hours 6.30am - 2pm 5pm - 9pm

Ph +61 432 908 121 Shop no 33, Manuka Terrace Manuka ACT 2603

GRAB & GO

8oz • 4.5

12oz • 5.0

16oz • 5.5

STAY & SIP

CUP • 5.0

MUG • 5.5

### Hot Drinks

#### **ADORE TEA POT • 5.5**

Award-winning organic loose tea boutique

- English breakfast supreme
- French Earl grey
- Lemongrass liquorice
- Minty green
- Organic rose petals
- Very berry
- Royal chai

#### COFFEE

Espresso / Macchiato / Long Black / Piccolo / Flat White / Latte / Cappuccino / Mocha

#### NON-COFFEE

- +0.5 Belgian Chocolate / Chai / Turmeric / Taro
- +1 Premium pure Matcha
- +0.5 Extra shot, decaf, flavoured syrup or alternative milk available (almond, oat, soy, lactose-free)

### Iced Drinks

ICED LATTE • 7

FRAPPE • 8

Coffee / Mocha / Chocolate

- +0.5 Chai / Taro / Turmeric
- +1 Premium Pure Matcha

Add ice cream or whipped cream or alternative milks available +0.50

**ICED LONG BLACK• 6** 

# SIGNATURE SPECIALS DAILY & SEASONAL

#### **Check our Specials Board**

for limited-time coffee and matcha creations, house specials, and seasonal blends.

Barista-crafted and rotating regularly

#### **Cakes and Pastries available**

Freshly baked in-house or sourced locally,
Please check our display
for today's selection

Gluten Free (GF), Gluten Free Option (GFO), Dairy Free (DF), Dairy Free Option (DFO), Vegetarian (V)

Please advise of any allergies to our friendly staffs

# Treshly Squeezed Juices

#### BOOST · 8

Orange, Ginger, Celery

#### COOLA · 8

Watermelon, Cucumber, Pineapple

#### FRESHA 8

Green apple, celery, pears, lime

#### AURA · 8

Carrot, Pineapple, Orange

#### **RAW COCONUT WATER • 6**

Make your own juice start from 8



# Fat Burning Smoothies

#### **NAUGHTY NUTS• 9**

Peanut butter, banana, matcha, sea salt, almond, almond milk

#### **GREEN GLOW • 9**

Matcha, avocado, kale, dates, oat milk

#### **BURN BERRY • 9**

Raspberries, mixed berries, carrot, green apple, yogurt, honey, coconut water

Make your own smoothie start from 9

# Clean Frappes

#### BREEZE • 9

Coconut, Manuka honey, mango, coconut milk

#### BLOOM • 9

Vanilla ice cream, mixed berries, yogurt, milk

#### MOOD . 9

Belgian chocolate, raspberry, milk

Add cream or ice cream +1

## BnC Bowls

#### **HONEY SPICE GRANOLA • 20**

Sonoma's slow-baked granola with seasonal fruits, yoghurt, pistachio dukkah & Manuka honey

#### POKE BOWL • 22

Grilled salmon cubes, fresh colorful array of salad, avocado, green beans, seaweed, drizzled with soy-based poke sauce (GFO)

#### ACAI BAR • 20

Mixed berries and banana (GF, GF, V)

Organic acai, banana, kiwifruit, coconut flakes, crunchy granola, pistachio dukkah and seasonal fruits

• Peanut butter (DF, GF, V)

Bnana, crunchy granola, cacao nibs, coconut, organic peanut butter house chia seed, strawberry jam

BnC's Biscoff

Acai, berries, banana, cacao nibs, coconut, caramel biscoff, crushed biscoff



#### **SONOMA ARTISAN TOAST • 8**

white sourdough / soy linseed / wholewheat miche / gluten free / orange cranberry / walnut & raisin

#### CHILI CRAB FOLDED EGGS • 24

Blue Swimmer Crab, soft scrambled eggs, lemon zest, chili oil, red onion, crispy shallots, corriander on sourdough or paratha

#### EGGS ON TOAST • 12

(DFO, GFO, V)

Two Free range eggs your way on sourdough

#### SMASHED AVO • 18

(DFO, GFO, V)

Goat's curd mint-pea pesto, and dukkah on toasted sourdough add two free range eggs +6

#### EGGS BENNY • 22

(DFO, GFO, V)
Two free range eggs with kale and smokey hollandaise sauce on sweet potato rosti or Sonoma Sourdough with choice of: Mushroom / Bacon / Ham / Prosciutto +2 / Smoked trout +2

#### **B&C'S OMMELETTE • 20**

(DFO, GFO, V)

Free range eggs, with onion, cheese, greens, with choice of:

Mushroom / Ham / Bacon / Prawns +2

#### SURF N TURF BAKED EGGS • 24

Two Free range eggs, celeriac puree, 3 pcs seared scallops, crispy prosciutto and toasted focaccia

#### **ZUCCHINI & CORN FRITTERS STACK • 23**

Housemade zucchini corn fritters topped with avocado, greens and balsamic glaze

#### STEAK SANDWICH • 28

Grilled sirloin steak (MB4+) with housemade jalapeno mayo sauce, greens, caramelised onions on Sonoma's panini roll

#### **BREW N CRUST BURGER• 25**

Crispy chicken katsu, Japanese mayonnaise, butter lettuce, tonkatsu sauce, on Sonoma's potato bun

#### **PISTACHIO BUTTERMILK PANCAKES • 18**

With seasonal fruits, pistachio & coconut crumble, C<mark>an</mark>adian maple syrup, and ice cream

### Additional

Mushroom / avocado

Bacon / ham / halloumi / smoked salmon +1

Manuka honey / hollandaise / organic peanut butter / nutella

Egg / roasted tomato / spinach / hashbrown / 3 extra toast / pistachio spread

A bowl of chips with aioli Shoe string fries sweet potato chips

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