



COFFEE & DRINK

WHITE OR BLACK COFFEE REGULAR	5
BATCH BREW or COLD BREW	6.5
PRANA CHAI IN A POT	6.8
HOT CHOCOLATE	5.8
GOLDEN LATTE	6
MATCHA LATTE	6
MOCHA	6
ICE LATTE or ICE LONG BLACK	6
ICE MOCHA/MATCHA LATTE (NO ICECREAM)	6.5
ICED COFFEE/CHOCOLATE/MOCHA (W ICECREAM)	8

ICED PRANA CHAI	8
ALTERATIONS	
BONSOY/ ALMOND MILK/OAT MILK/LACTOSE FREE/ LARGE	1
EXTRA SHOT	0.7

MILKSHAKES	9
OPTION OF CHOCOLATE FUDGE SHAKE, MALTESER & MILO SHAKE, COFFEE SHAKE	

TEA BY TEA DROP	6
OPTION OF ENGLISH BREAKFAST, PEPPERMINT, EARL GREY, CHAMOMILE, GREEN TEA, LEMONGRASS + GINGER	

SMOOTHIES (ALL 100% PLANT BASED)	
GREEN POWER	14
SPINACH, CUCUMBER, AVOCADO, APPLE, COCONUT WATER, CHIA, LEMON, BANANA	
BERRY KICKS	13.8
MIXED BERRY, ALMOND MILK, BANANA	
ELETROLYTES RECHARGE	13.5
BANANA, ALMOND MILK, PINCH OF SALT, CINNAMON	
TROPICAL DETOX	14
PINEAPPLE, MANGO, BANANA, TURMERIC, COCONUT WATER	
SUMMER MANGO MATCHA	14
MANGO, PINEAPPLE, OAT MILK, MATCHA, MANGO SORBET	

FRESH SQUEEZED ORANGE JUICE	9
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BREAKFAST

TOAST	10
SOURDOUGH, MULTIGRAIN, GLUTEN FREE, RAISIN	
BIRCHER MUESLI	18
W/ VANILLA YOGHURT & SEASONAL FRUIT	
DIPPY EGG	16.5
SOFT BOILED EGGS VEGEMITE SOLDIERS	
EGGS YOUR WAY ON TOAST	15
FREE-RANGE EGGS COOK AS YOUR WAY	
SIDES	
BATTERED POTATO WEDGES 10/POTATO HASHBROWN 6/SMOKED SALMON 7/BACON 6 /BEEF SAUSAGE 5.5 / AVOCADO 5 / MUSHROOM 5/TOMATO 4.5 /SPINACH 4.5 / SHEEP FETA 4.5/EXTRA EGG 4 / EXTRA TOAST 3/GLUTEN FREE TOAST 4.5 /TOMATO RELISH 2.5/ HOLLANDAISE SAUCE 2.5	
SMOKED SALMON BENEDICT	25
SMOKED SALMON, POTATO HASHBROWN, HOLLANDAISE SAUCE, POACHED EGGS & HERBS	
OMELETTE	24 (V, GFO)
CLASSIC FRENCH OMELETTE, MIXED HERB SALAD & TOAST	
CHIPOTLE SCRAMBLES	26 (V,GFO)
CHEESE TOASTY, AVO & TOMATO CORN SALSA	
LAWSON GROVE AVO ON TOAST	23 (VEGAN, GFO)
CUCUMBER MINT HERB SALAD, MARINATED CRISPY TOFU, AVOCADO	

PLEASE NOTE WE ARE NOT 100% ALLERGEN FREE KITCHEN, BUT WE CAN TRY OUR BEST TO MEET YOUR REQUIREMENTS, PLEASE LET OUR FRINDLY STAFF KNOW. WE HAVE 10% SERVICE FEES ON WEEKENDS AND 15% ON PUBLIC HOLIDAYS. THANK YOU FOR UNDERSTANDING AND ENJOY!

LUNCH SPECIALS

SPAGHETTI MEATBALL PASTA	32
ITALIAN MEATBALLS, TOMATO SUGO & PARMESAN CHEESE	
MEATBALL & GARLIC BREAD	30
CLASSIC ITALIAN MEATBALL, TOMATO SUGO, GALIC BREAD AND CHEESE	
GNOCCHI TOMATO BASIL FETA	28
HOME MADE GNOCCHI, TOMATO SUGO, BASIL & FETA CHEESE	
CAVOLO NERO & SAUSAGE RISSOTO	27
BLACK CABBAGE, BEEF SAUSAGE, ITALIAN ARBORIO RICE, PARMESAN CHEESE	
GRILL CHICKEN SANDWICH	19
SALAD, GRILL CHICKEN BREAST	
CROQUE MADAME	24
HAM, FRIED EGG, BÉCHAMEL SAUCE, CHEESE, SOURDOUGH & SALAD	
EGGPLANT PARMIGIANA	27 (V)
CRUMBED WHOLE EGGPLANT, MOZZARELLA CHEESE, TOMATO SUGO, BASIL & HERBS.	
PUMPKIN RIGATONI PASTA	24 (V)
ROAST PUMPKIN SAUCE, BURNT BUTTER, PARMESAN CHEESE	
SUPERFOOD SALAD	24 (VEGAN)
KALE, AVOCADO, QUINOA, MIXED SOFT HERBS, TOASTED SEEDS, BLACKCURRANT, OLIVE OIL & LEMON VINAIGRETTE	
+GRILLED CHICKEN 7.5	+ POACHED EGG 4