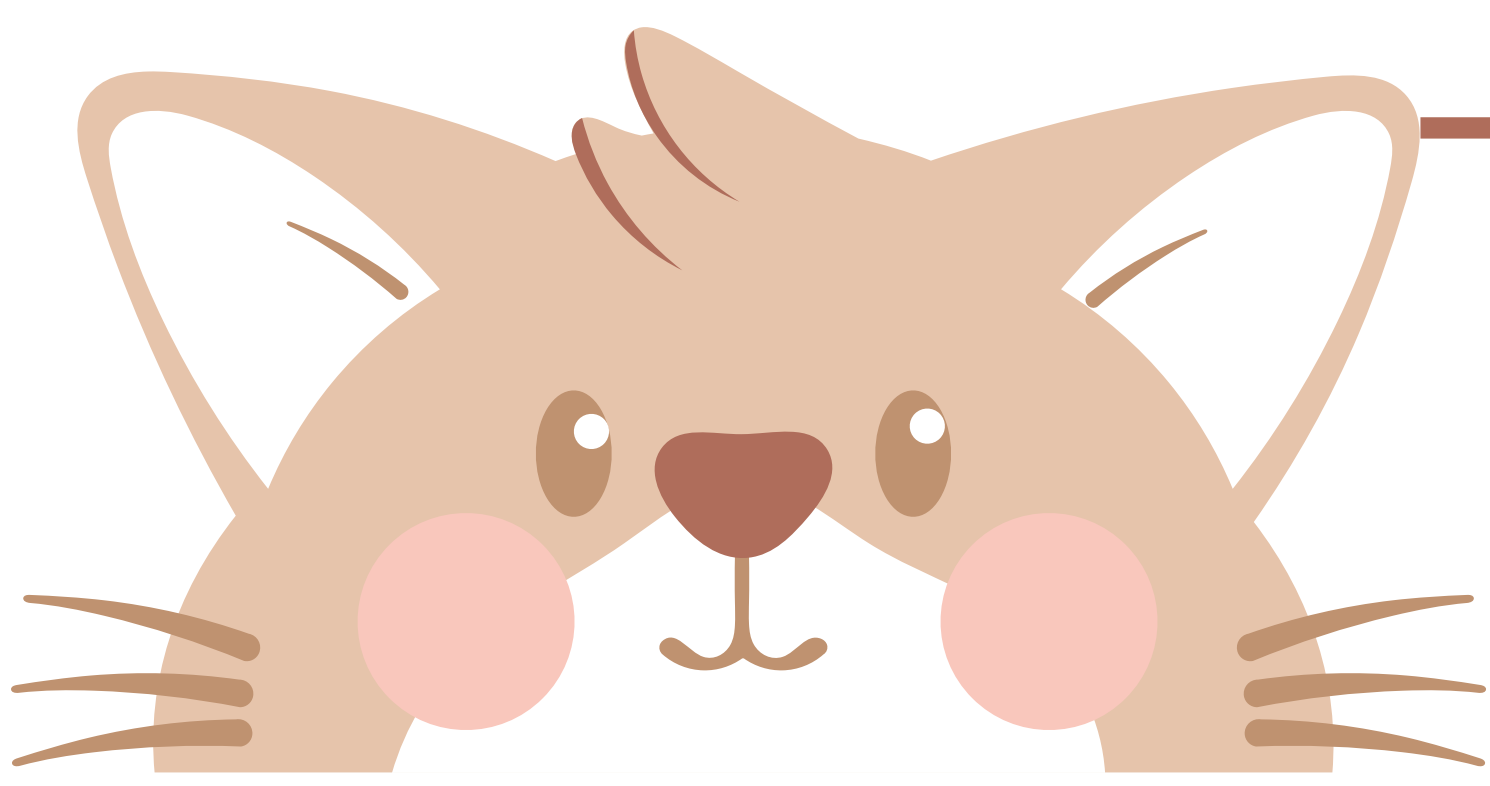




MENU



DRINK

HOT DRINK

COFFEE BY SEVEN MILES

OCTAVIA (MILK BASE COFFEE) \$4.5
FLAT WHITE / CAPPUCCINO / LATTE /MACCHIATO / PICCOLO

WILDE (BLACK COFFEE) \$4.5
SHORT BLACK / LONG BLACK

MOCHA \$5.5
(MILK / DARK / WHITE CHOCOLATE)

NON-COFFEE
PREMIUM CHAI LATTE \$4.5
MATCHA LATTE \$5.5
HOT CHOCOLATE \$5.5
(MILK / DARK / WHITE CHOCOLATE)

PREMIUM ORGANIC LOOSE (LEAF TEA) \$6.0
ENGLISH BREAKFAST / EARL GREY / SENCHA GREEN /
CHAI HIGH / LEMON&GINGER / SEASONAL FRUIT (ASK STAFF)



SPECIALTY COFFEE

FILTER COFFEE V60 \$7.0
SINGLE ORIGIN (SEE BOARD FOR OFFERING)
COLD BREWS \$7.0
SINGLE ORIGIN (SEE BOARD FOR OFFERING)

ADDITION

ALTERNATIVE MILK \$0.75
ALMOND / COCONUT / BONSOY /
LACTOSE FREE / OAT MILK

DECAF / EXTRA SHOT \$0.75
UPGRADE TO LARGE SIZE \$0.75
CARAMEL/ VANILLA/ HAZELNUT \$0.75

COLD DRINK

ICED LATTE \$6
ICED LONG BLACK \$6
ICED CHAI LATTE \$6
ICED MATCHA LATTE \$7.5
ICED COFFEE \$7.5

ALL SERVED WITH ICE-CREAM ON TOP
ICED MOCHA \$7.5
(MILK / DARK / WHITE CHOCOLATE)
ALL SERVED WITH ICE-CREAM ON TOP
ICED CHOCOLATE \$7.5
(MILK / DARK / WHITE CHOCOLATE)
ALL SERVED WITH ICE-CREAM ON TOP

ICED COCONUT LONG BLACK \$8
ICED ORANGE LONG BLACK \$8
ICED MIXED BERRY MATCHA \$8
ICED COCONUT MATCHA \$8

MILK SHAKES \$7.5
VANILLA / STRAWBERRY / CHOCOLATE /
BANANA SHAKES / CARAMEL SHAKES
ESPRESSO CARAMEL VANILLA MILK SHAKES

SMOOTHIES \$8.75
MIXED BERRIES SMOOTHIES
(MIXED BERRIES, BANANA AND HONEY WITH COCONUT MILK)
MIX GREEN SMOOTHIES
(KALE, SPINACH, AVOCADO, BANANA, PEAR, APPLE AND HONEY WITH
COCONUT MILK)
ALL BERRIES CRASH
MIXED BERRIES, ORANGE JUICE, YOGHURT AND HONEY

FRESHLY SQUEEZED JUICE \$7.5
THE CLEANSER
(APPLE, CUCUMBER, KALE & LIME)
THE PRE SQUEEZED
(APPLE, GINGER, LEMON & CARROT)
THE ABC
(APPLE, BEETROOT & CARROT)
THE GREEN
(APPLE, CUCUMBER, CELERY PEAR)
MIX YOUR OWN
(ORANGE/APPLE/PEAR/LEMON/CARROT/GINGER/CELERY/BEETROOT)

HOUSE MADE CAKE AND PASTRY
PLEASE CHECK AT THE COUNTER



ALL DAY MENU

TOAST YOUR WAY

CHOICE OF WHITE SOURDOUGH,
SOY LINSEED QUINOA, RYE,
GLUTEN FREE BREAD (EXTRA \$1)
FRUIT TOAST (EXTRA \$1)
WITH BUTTER / VEGEMITE / PEANUT BUTTER
ADD HOUSE BERRY JAM / HOUSE MARMALADE. (EXTRA \$1)

\$7

EGGS ON TOAST

CHOICE OF FREE RANGE POACHED / SCRAMBLED /
FRIED WITH CHOICE OF BREAD
GLUTEN FREE BREAD (EXTRA \$1)
FRUIT TOAST (EXTRA \$1)
ADD YOUR CHOICE OF SIDES

\$13.5

B&E

FREE RANGE FRIED EGG, BACON, HOUSE SAUCE,
TOMATO CHUTNEY, FRESH ROCKET
ON FRESH BREAD PASTRY BUN / WRAP
ADD SHREDDED TASTY CHEESE \$1

\$13.5

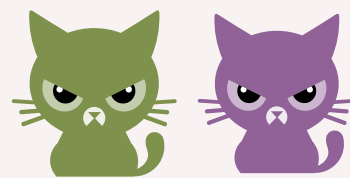
CHEESES MELTS SLICE



CHOOSE 2 OPTION
HAM, BACON, AVOCADO, CHICKEN, SPINACH, TOMATO,
ONION, MUSHROOM TOP
WITH MELTED CHEESE SERVED ON CHOICE OF BREAD ADD SIDE OF
SALAD OR CHIPS \$3

\$14.5

THE SMASHY



HOUSEMADE SMASHED AVOCADO ON CHARCOAL SOURDOUGH,
HOUSE CHILLI JAM, GRILLED CHERRY TOMATOES,
GREEK YOGURT, PERSIAN FETA CHEESE, DUKKHA
AND GRILL LIME
ADD POACHED EGG \$4

\$17.5

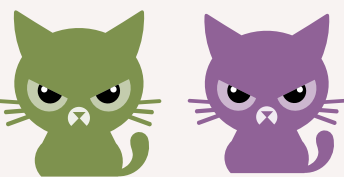
PRIMILY OMELETTE



FREE RANGE EGGS, ONION, SPINACH, MUSHROOMS,
TOMATO, CHEESE AND FRIED SHALLOT SERVED
WITH CHOICE OF BREAD
ADD BACON/HAM \$4.5
ADD HOT SMOKE TROUT \$7

\$19.5

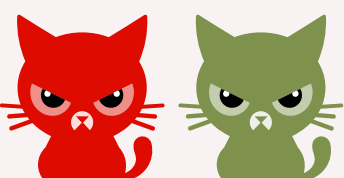
HOME MADE GRANOLA



SERVED WITH SEASONAL FRUITS,
RED WINE POACHED PEARS
AND HONEY YOGHURT

\$19.5

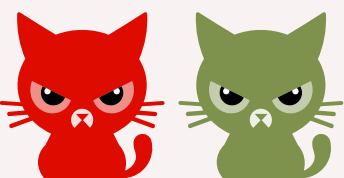
CHILLI HOUSE PESTO SCRAMBLE



SCRAMBLED EGGS, PERSIAN FETA CHEESE,
CHOICE OF CRISPY **SEAWEED TOFU** OR **PRAWN CAKE**,
HOUSE CHILLI OIL, LONG RED CHILLI,
AND HOUSE MADE THAI PESTO ON SOY LINSEED

\$23.5

GRILLED SATAY CHICKEN SALAD



GRILLED CHICKEN, COS LETTUCE, CARROT,
CHERRY TOMATOES, CUCUMBER, ROCKET, CORIANDER,
CASHEW WITH HOMEMADE PEANUT DRESSING

\$23.5

ADDITIONS

GRILLED TOMATO / HASH BROWN	\$3.5
EGGS/ SPINACH/ MUSHROOMS/ HALLOUMI	\$4.0
SAUTÉED KALE/ AVOCADO/ SMOKED HAM/ BACON/PRAWN CAKE	\$5.5
GRILLED CHICKEN / GRILLED BEEF	\$6.5
SMOKED SALMON	\$6.5

SIDE

HOT CHIP	\$6.5
SWEET POTATO WEDGES	\$7.5

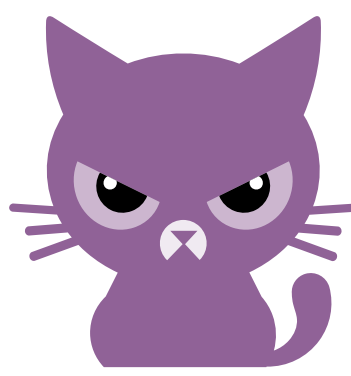
Spicy



Vegetarian



Vegan

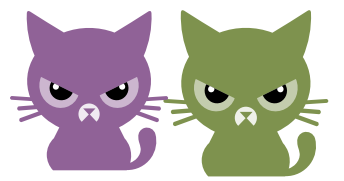


THAI BBQ BEEF SANDWICH

TRADITIONAL THAI STYLE MARINATED RUMP STEAK,
CARAMELISED ONION, HOUSE MADE MAYO,
SMOKEY BBQ SAUCE, LETTUCE, TOMATOES ON CHOICE OF BREAD
(ADD SIDE OF CHIPS \$3 OR SWEET POTATO CHIPS \$4.5)

\$23.5

TRUFFLE GARLIC MUSHROOM SANDWICH



BRAISED GARLIC WILD MUSHROOM, HOUSE MADE TRUFFLE MAYO,
HOUSE MADE GARLIC CONFIT, FRESH ROCKET, CRISPY CHILLI OIL,
MELTED SHREDDED TASTY CHEESE, AND TRUFFLE OIL ON SOY LINSEED

\$23.5

ZAAP CHICKEN BURGERS



CRISPY ZAAP CHICKEN, HOUSE SAUCE, COS LETTUCE,
TOMATOES ON FRESH BREAD PASTRY BUN
AND MINI CHIPS OR SWEET POTATO CHIPS \$1.5

\$26.5

SMOKED SALMON DELIGHT

TASMANIA SMOKED SALMON, POACHED EGG,
HOUSEMADE SMASHED AVOCADO, BALSAMIC GLAZE,
AND ZAAP HOLLANDAISE ON CHARCOAL SOURDOUGH

\$26.5

THE MOO STACK

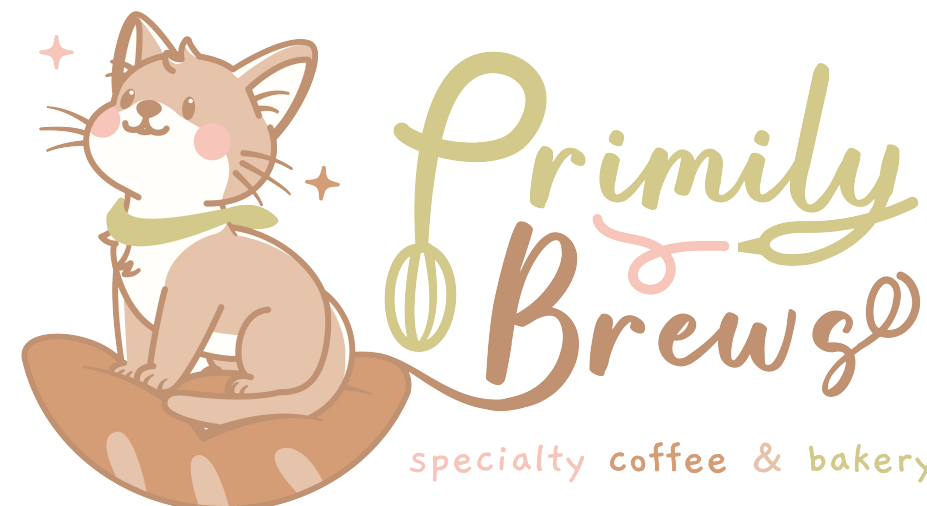


GRILLED THAI-STYLE PORK PATTY WITH APPLE FILLING,
STICKY RICE, COS LETTUCE, CORIANDER, RED ONION,
TOMATO, FRIED FREE-RANGE EGG, TOASTED GROUND RICE
THAI CHILLI AND HERB DRESSING

\$26.5

CLUB HOUSE SANDWICH

HAM AND CHEESE SANDWICH	\$11.5
TOMATO AND CHEESE	\$11.5
SWEET AND SOUR CHICKEN SANDWICH	\$15.5
SERVED WITH TOMATOES, COS LETTUCE, HOUSE MADE MAYO	
HALLOUMI SANDWICH	\$13.5
SERVED WITH TOMATOES, COS LETTUCE, HOUSE MADE MAYO	
BLT	\$13.5
SERVED WITH TOMATOES, COS LETTUCE, HOUSE MADE MAYO	



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