

ALL DAY BREAKFAST

HOUSE BAKED BANANA BREAD coconut + dark chocolate (v, cn)	8.5	OPEN OMELETTE Roast beetroot, pickled candied beetroot, goats cheese, radicchio, sherry vinaigrette, toasted walnut, red sorrel, herb oil (ve, gf, cn)	22.0
TOAST W/ SPREADS sourdough, multigrain, or gluten free (+ 2.0) <i>choose two: vegemite, seasonal jam, peanut butter, manuka honey</i>	8.0	- add toast + 2.0	
ACAI BOWL coyo, brookfarm cacao + coconut granola, house peanut butter + seasonal fruit (gf, vo, cn)	21.0	EGGS KUROSAWA folded eggs, steamed brown rice, bok choy + japanese pickles, wakame, fried tofu, furikake, rice cracker, miso mayo & teriyaki (gfo, ve)	24.0
PORRIDGE Steel-cut oats, poached bravo apple, red wine syrup, peanut caramel, raspberries, puffed quinoa, shiso (vo)	21.0	- add avocado + 5.0 - add grilled salmon + 10.0	
BLACK FORREST PANCAKES sweet potato pancakes, winter berry compote, malted milo crumb, hazelnuts, cream cheese chantilly, baileys syrup, lemon balm (gf, cn)	22.0	SPICY GREEN EGGS folded eggs, spring onion + green chilli relish, grated halloumi, crispy kale, yoghurt + parsley salt on toast (gfo, ve)	23.5
SMASHED AVO smoked whipped tofu, marinated tomato, basil, furikake, tamari seeds, black vinegar dressing (v, gfo) - add poached egg +3.5	21.0	- add bacon + avo +7.5	
HAM TOASTIE mortadella, bechamel, cheddar, mozzarella, bread + butter pickles + jalapeno mustard - add fried egg +3.5	21.0	HALLOUMI, GREEN CABBAGE + ZUCCHINI FRITTERS mango + chilli relish, cucumber mint yoghurt, crispy curry leaves, green oil, poached egg (ve)	25.0
		- add bacon + avo +7.5	
		PUMPKIN + SALSA Roast pumpkin, herb & almond salsa, garlic toum, endive, caciocavallo, poached egg, morrocan spice, toasted pepitas served w/ sourdough	23.0

Eggs and sides

Free range organic eggs w/ sourdough toast (<i>poached, scrambled or fried</i>)	15.5
Pineapple + habanero hot sauce	2.0
Green chilli relish	3.0
Terror Twilight pickles	3.0
House Kimchi	5.0
Sumac smashed avo	5.0
Seasonal greens w/ salsa verde	5.0
Breakfast potatoes w/ tomato salt	6.0
Fried tofu w/ furikake	7.0
Grilled halloumi	7.0
Streaky bacon	7.0
Grilled salmon	10.0

BOWLS 21.0

01

CHOOSE ONE BASE

- ~ Steamed brown rice
- ~ Quinoa + freekeh*
- ~ Cauliflower + broccoli rice (+0.5)

02

CHOOSE THREE SIDES

- ~ Fried brussel sprouts w/ honey mustard
- ~ Crispy fried artichokes w/ parmesan & black pepper
- ~ Breakfast potatoes w/ tomato salt
- ~ Grilled halloumi
- ~ Seasonal greens w/ salsa verde
- ~ Fried broccoli w/ Calabrian pesto
- ~ Roast beetroot w/ mint yoghurt, sumac
- ~ Sumac smashed avocado
- ~ House kimchi
- ~ Terror Twilight house pickles
- ~ Marinated cherry tomatoes w/ garlic, white pepper and chinkiang vinegar*
- ~ Roast pumpkin, pepitas, moroccan spice
- ~ Extra bowl side (+5.0)

03

CHOOSE ONE DRESSING

- ~ Cashew (v)
- ~ Honey mustard
- ~ Calabrian pesto (v)
- ~ Miso mayo
- ~ Salsa verde (v)

04

Add crunch on top +2.5

READY OR NOT | Wasabi peas, sesame, furikake, tamari

LOW FIDELITY | Linseed, sunflower seeds, chia seed, almonds, bush spice, goji berry

COME BACK TO EARTH | Cashew, coconut, quinoa, curry powder, garam masala, maple

BROTHS 21.0

01

CHOOSE ONE BROTH

- ~ Aromatic chicken broth
- ~ Miso + mushroom broth

02

CHOOSE YOUR NOODLES

- ~ Rice noodles
- ~ Egg noodles*

03

CHOOSE ONE ADD ON

- ~ Mushroom mix
- ~ Raw vege mix
- ~ Charred broccolini
- ~ Mix all (+4.0)

04

CONDIMENTS

- ~ House kimchi + 4.0
- ~ House mixed pickles + 3.0

CUP OF JUST BROTH 7.0

Want protein?

*Add to your bowl or broth

~ Soy marinated soft egg	4.0
~ Fried tofu w/ furikake	6.0
~ Poached chicken	6.5
~ Grilled salmon	10.0

(v) vegan, (vo) vegan option, (ve) vegetarian, (gf) gluten free, (gfo) gluten free option, (cn) contains nuts
11% weekend surcharge | 18% public holiday surcharge | no split bills (sorry)

COFFEE

Bedford Street Blend (milk)	4.8	Cold brewed iced chai w/ oat milk and orange	6.5
Single origin (black)	4.8	Mofo Deluxe Hot Choc	5.0
Batch brew	5.5	Monk's Chai	6.5
- refills	2.0		
Cold brew	5.5		
Iced latte	5.0	- Soyboy	
Coconut brew	6.5	- Oat milk	
- add Coconut Rum	6.0	- Milk Lab (almond)	+ 1.0
Cold brew spritz w/ hibiscus & lemongrass	6.5		

Mushroom and nootropics ADD ON'S +2.0

MIND — Our specially formulated TT 'Brain Stack' of Alpha GPC, Taurine + MCT Oil. will keep you focused and alert while smoothing out the caffeine jitters. We've added some MCT oil to strengthen your energy levels so you can get the most out of your day.

MUSHROOM MIND — This concoction of Lions Mane, Cordyceps, Chaga, & Kakadu Plum blends beautifully with both black and milk coffee. Lions Mane is an all-natural cognitive enhancer, improving concentration and helps to

RELAX — If you're feeling overstressed or a little wired, our delicious Reishi, Turkey Tail, Kakadu Plum & Shiitake Mushroom blend will calm the mind + body. Mix it with our Monk's Chai for ultimate relaxation.

TEA BY CHAMELLIA 4.5

Earl grey
English breakfast
Australian sencha green
Mint
Lemongrass + ginger

TWO BOYS BREW KOMBUCHA 7.5

FRENCH KISS
Hibiscus, chamomile, lavender + vanilla

SILK ROAD
Ginger, lemon myrtle, cinnamon + clove

SMOOTHIES 12.5

MORE LIFE | Spinach, banana, mango, mint, passionfruit, coconut water, coconut flakes, cacao nibs and honey

SPACEY SPACE | Strawberries, mango, banana, orange juice, coconut water, honey, passionfruit, coconut flakes & cacao nibs

TOO GOOD | "Breakfast Lassi" Mango nectar, coconut milk, greek yoghurt, oats, banana, honey, sea salt, coconut flakes, cacao nibs

YES INDEED | Banana, house peanut butter, almond milk, flaked coconut, cacao nibs and honey

+ MCT oil +1.0
+ pea protein +2.5
+ mushroom powders +2.0

COLD PRESSED JUICES 250ml

CLASSIC OJ Straight up oranges	7.5
HUMBLE Celery, apple, kale, lemon spinach	8.0
SURE SHOT Beetroot, apple, ginger, lemon, pear	8.0
O-100 Carrot, apple, orange, ginger	8.0

FIZZY THINGS

HOUSE SODA Rhubarb, strawberry & mint - add gin +6.0	6.5
Karma Cola / Lemmy Lemonade	5.5
Strange Love Sparkling Water	5.5
Bobby Sodas	6.0

BOOZY

BEER by Valhalla Brewing

Golden Ale	11.0
GT Lager	11.0

WINE GLS/BTL

Sparkling	10 / 45
White	45
Orange	45
Red	50

Cocktails

BLOODY MARIA Tequila, martini rosso, TT pickle juice, worcestershire, horseradish, TT hot sauce, celery salt, black chilli salt, and tomato juice	18.5
MIMOSA Prosecco, passionfruit juice, orange juice, lemon juice, cointreau, and angostura	18.5
FERNET BRANCA SPRITZ Fernet Branca amaro, triple sec, aperol, orange, honey water, prosecco, thyme	18.5
TEQUILA SOUR Tequila, triple sec, lime juice, pineapple juice	18.0
RHUBARB COLLINS Vodka, gin, aperol, house rhubarb syrup, lemon and orange bitters	18.0
BREAKFAST MARTINI Gin, cointreau, martini bianco, orange and seasonal jam	20.0