



CAFE
NURISH

EAT CLEAN • FEEL GOOD • LIVE WELL



ALL DAY BREAKFAST

BREAKFAST MENU

SMASHED AVOCADO

Sourdough, avocado, poached eggs, feta, cherry tomatoes
1400KJ P20 F21 C23

ADD BACON OR HAM \$6
ADD SALMON OR PROSCIUTTO \$8

\$19.95

CHILLI EGGS

Scrambled eggs, avocado, spinach, halloumi, sourdough, chilli tomato salsa
2404KJ P26 F35 C26

ADD BACON OR HAM \$6
ADD SALMON OR PROSCIUTTO \$8

\$23.00

BREAKFAST BURGER

Bacon, fried egg, cheese, relish, bun
2005KJ P34 F29 C28

ADD HASH BROWN \$3

\$13.00

BREKKIE WRAP

Wholemeal tortilla, avocado, spinach, scrambled eggs, halloumi, tomato salsa
2345KJ P29 F31 C37

ADD 1 STRIP BACON \$3

\$16.00

HEALTHY BENNY

Sourdough, crispy potato rosti, spinach, poached eggs, kalanaise sauce, asparagus
2658KJ P39 F48 C24

ADD BACON, HAM \$6
ADD SALMON, PROSCIUTTO \$8

\$26.00

CREAMY VAN PROTEIN OATS

Oats, vanilla protein, coconut flakes, honey, banana, berries
1310KJ P30 F4 C51

ADD PEANUT BUTTER OR BISCOFF \$2

\$16.00

OMELETTE

Eggs, baby spinach, feta, mushroom, salsa, sourdough
1480KJ P29 F18 C26

ADD BACON \$6 | ADD SALMON \$8

\$21.00

BIG BREAKY

Eggs your way, bacon, mushroom, avocado, toast, halloumi, tomato, hash brown, baked beans, spinach
2910KJ P42 F35 C48

SWAP SALMON FOR BACON \$29

\$27.00

MEDITERRANEAN TOAST

Garlic butter sourdough, cherry tomatoes, prosciutto, fresh mozzarella, pesto/basil sauce
1400KJ F18 C28 P15

\$26.00

ACAI BOWL

Acai, granola, strawberries, blueberries, banana, coconut chips, chia seeds
2234KJ P10 F23 C52

ADD PEANUT BUTTER OR BISCOFF \$2
ADD PISTACHIO \$3

\$18.00

PROTEIN PANCAKES

Protein pancakes, vanilla ice cream, granola, strawberries, banana, maple syrup
2160KJ F45 P42 C41

ADD PEANUT BUTTER \$3
ADD BISCOFF \$3
ADD PISTACHIOS \$4

\$26.00

BISCOFF PROTEIN FRENCH TOAST

Brioche bread, vanilla ice cream, banana, strawberries, and Biscoff
3195KJ F38 C65 P47

\$27.00

HALLOUMI FRENCH TOAST

Brioche bread, halloumi, honey, fig, pistachios
3212KJ F52 C61 P38

\$27.00

TREAT YOURSELF

Choice of cookie (choc peanut butter, caramilk, Biscoff, Nutella, salted caramel, Kinder Bueno, GF dark chocolate and walnut, white chocolate macadamia) with a side of vanilla ice cream and maple syrup

\$12.00

WELL BEING BOWL

Halloumi, avocado, eggs, kale, quinoa, mushroom, asparagus
2235KJ P32 F34 C17

ADD FALAFEL OR CHICKEN \$10
ADD BACON \$6

\$21.00

CHEESE TOMATO HAM TOASTIE

1650KJ P19 F22 C21

\$13.00

PROSCIUTTO AND MOZZARELLA SANDWICH

Prosciutto, mozzarella, sourdough, tomato, cos lettuce
1800KJ F21 C36 P15

\$15.00

RICOTTA TOAST

Whipped ricotta, sourdough, honey, strawberries, blueberries, walnuts
2010KJ P13 F24 C44

\$17.00



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CREATE YOUR OWN BREAKFAST

EGG KJ232 P7 F4 C0	\$3
BACON KJ1454 P23 F31 C2	\$6
SMOKED SALMON KJ434 P12 F6 C0	\$8
PROSCIUTTO KJ360 P9 F4 C0	\$8
HAM KJ385 P10 F7 C0	\$6
ASPARAGUS 80KJ P2 F0 C2	\$5
SPINACH KJ27 P1 F0 C0	\$4
AVACADO KJ347 P1 F8 C0	\$5
KALE, TOMATO, ONION KJ99 P2 F0 C3	\$5
MUSHROOMS KJ180 P1 F3 C2	\$5
CHERRY TOMATO'S KJ52 P0 F0 C2	\$3
FETA KJ160 P2 F2 C0	\$4
HALLOUMI CHEESE KJ490 P9 F10 C0	\$4
MICHE SOURDOUGH KJ385 P4 F1 C20	\$3
GLUTEN FREE BREAD KJ398 P2 F4 C13	\$3
Hash Brown	\$3

PROTEIN SHAKES

REGULAR \$10

LARGE \$12

HONEY NUTTER

Chocolate protein powder, peanut butter, honey, chia seeds

REGULAR: 2006KJ P34 F24 C32

LARGE: 2314KJ P45 F25 C36

MANGO MAGIC

Vanilla protein powder, mango, honey, almond flakes, chia seeds

REGULAR: 1374KJ P26 F10 C36

LARGE: 1682KJ P37 F11 C40

KETO SHAKE

Vanilla protein powder, avocado, peanut butter, walnuts, spinach, cinnamon

REGULAR: 2477KJ P37 F41 C18

LARGE: 2785KJ P48 F42 C22

BANANA BLISS

Vanilla protein powder, banana, chia seeds, honey, walnuts, cinnamon

REGULAR: 1780KJ P27 F19 C39

LARGE: 2088KJ P38 F20 C43

BERRY SWEET

Vanilla protein powder, mixed berries, coconut

REGULAR: 975KJ P24 F6 C19

LARGE: 1283KJ P35 F7 C23

FOREVER ENERGY

Vanilla protein powder, banana, avocado, dates, almond flakes, chia seeds

LARGE: 1371KJ P26 F10 C33

1679KJ P37 F11 C37

NUTTY BANANA

Vanilla protein powder, banana, peanut butter, honey, chia seeds

REGULAR: 2163KJ P35 F24 C39

LARGE: 2471KJ P46 F25 C43

BISCOFF OVERLOAD

Vanilla protein, Biscoff spread, chia seeds, banana

REGULAR: 1843KJ P25 F20 C40

LARGE: 12151KJ P37 F21 C44

BASE SHAKE

Chocolate or Vanilla

REGULAR: 1616KJ P23 F3 C7

REGULAR: \$6

LARGE: \$8

LARGE: 923KJ P34 F4 C11

KIDS MENU

CHEESE TOASTY	\$8.00
CHEESE BURGER	\$12.00
CHICKEN, WEDGES & TOMATO SAUCE	\$16.00
BACON EGG BURGER	\$12.00
KIDS PANCAKES	\$14.00
ADD BISCOFF	\$16.00

KIDS SHAKES

\$7.00

Milk, ice, choose your flavor: Chocolate, Strawberry, Vanilla, Caramel, Banana

VEGAN SMOOTHIES

REGULAR \$10

LARGE \$12

ACAI

Acai, banana, chia seeds, mixed berry

REGULAR: 879KJ P3 F5 C38

LARGE: 1115KJ P5 F7 C47

GREEN & LEAN

Super greens, spinach, apples, passionfruit, banana, chia seeds

REGULAR: 485KJ P3 F2 C19

LARGE: 737KJ P5 F4 C29



ADD EXTRA TO SHAKE

PROTEIN	\$3	COFFEE SHOT	\$3	VEGAN PROTEIN	\$1
PEANUT BUTTER	\$2	CREATINE	\$1	L-CARNITINE	\$1
GLUTAMINE	\$1	SUPER GREENS	\$2	COCONUT WATER	\$2
REG MILK	\$2	ALTERNATIVE MILK	\$3		

FRUIT CRUSH

REGULAR \$9

LARGE \$11

TROPICANA CRUSH

Pineapple, orange, mango, passionfruit, chia seeds

KJ455 P3 F2 C19

LYCHEE, PINEAPPLE, PEAR, APPLE

KJ406 P1 F0 C20

WATERMELON, APPLE & PASSIONFRUIT

KJ348 P1 F0 C17 VE

COLD PRESSED JUICES

REGULAR \$10

LARGE \$12

ALL GREEN

CELERY, APPLE, CUCUMBER, SPINACH

KJ190 P1 F0 C9

VIT GLOW

ORANGE, CARROT, GINGER

NUTRA BOOST

APPLE, BEETROOT, CELERY, CARROT, ORANGE

ADD EXTRA TO JUICE

GINGER	\$2
LEMON	\$2
FRUIT	\$2



LUNCH MENU

BURGERS

OG BURGER

Beef patty, onion, fresh pickles, cheddar cheese, aioli, lettuce, tomato, burger bun
KJ2925 P34 F47 C35 **\$16.00**
ADD EGG \$3
BACON \$3

CHICKEN BURGER

Chicken breast, chilli aioli, tomato, onion, lettuce, burger bun
KJ2614 P33 F38 C38 **\$16.00**
ADD CHEESE \$2
BACON \$3
ADD SIDE OF SWEET POTATO WEDGES \$6

WRAPS

CHICKEN AVOCADO WRAP

Chicken, avocado, tomato, spinach, aioli, wholemeal tortilla
KJ3183 P34 F49 C44 **\$16.00**

LOADED BEEF WRAP

Beef rump, tomato, onion, cucumber, aioli, lettuce, wholemeal tortilla
KJ3142 P40 F46 C44 **\$16.00**

FALAFEL WRAP

Herb falafel, charred zucchini, onion & capsicum, hummus, lettuce
KJ2656 P22 F23 C82 **\$16.00**

CHICKEN TACO

2 Toasted tortilla, chicken, pickled cabbage, avocado, tomato salsa, chilli aioli, lime
KJ2113 P22 F41 C9 **\$16.00**

ADD SIDE OF SWEET POTATO WEDGES \$6



SALADS

HEALTHY CAESAR

Grilled garlic chicken, lettuce, kale, bacon, parmesan cheese, egg, croutons, caesar dressing
KJ2850 P53 F51 C16 **\$22.00**

CHICKEN & HALOUMI SALAD

GRILLED CHICKEN BREAST, HALLOUMI, MIXED SALAD, CUCUMBER, CHERRY TOMATO, AVOCADO, POMEGRANATE, CHIPOTLE MAYO
KJ2790 P46 F37 C12 **\$24.00**

ROAST PUMPKIN SALAD

CUMIN ROASTED PUMPKIN, PICKLED CABBAGE, FALAFEL, SHAVED CUCUMBER, QUINOA, AVOCADO, HALLOUMI, BEETROOT HUMMUS
KJ2254 P17 F26 C53 **\$23.00**
ADD CHICKEN INSTEAD OF FALAFEL \$25

BOWL BAKED SWEET POTATO WEDGES

KJ946 P2 F8 C35 **\$12.00**



PLATES

PRAWN PASTA

SPAGHETTI, PRAWN, CHERRY TOMATO, SPINACH, PARMESAN
KJ2080 F12 C43 P32 **\$28.00**

EASTERN CHICKEN SKEWER

CHICKEN SKEWER, TZATZIKI, PITA BREAD, SALAD/SLAW TURMERIC RICE
KJ2650 F16 C59 P62 **\$27.00**

ATLANTIC SALMON & VEG

SALMON, SWEET POTATO MASH, ASPARAGUS, BROCCOLINI
KJ1850 F15 C30 P49 **\$38.00**

MEAT AND GREET

STEAK, CHIMICHURRI/MUSHROOM SAUCE, SWEET POTATO WEDGES, BROCCOLINI
KJ2150 C43 F14 P50 **\$36.00**

CREATE YOUR OWN PLATE

CHOOSE YOUR PROTEIN

GARLIC HERB CHICKEN BREAST

100G	KJ900 P25 F11 C	\$10
200G	K/1799 P49 F23 C7	\$16

ATLANTIC SALMON FILLET

100G	KJ1215 P25 F22 C 1	\$14
200G	KJ2431 P50 F44 C2	\$22

BARRAMUNDI FILLET

100G	KJ505 P22 F3 C 1	\$12
200G	KJ1010 P44 F7 C1	\$18

HERBED FALAFEL

100G	KJ1090 P10 F10 C32	\$8
200G	KJ2180 P20 F21 C64	\$12

BEEF RUMP

100G	KJ823 P30 F9 C0	\$14
200G	K/1645 P61 F17 C0	\$22

BEEF MEATBALLS IN NAP SAUCE

100G	KJ580 P26 F5 C0	\$10
200G	KJ1150 P52 F10 C0	\$16

CHOOSE YOUR CARB

BAKED SWEET POTATO WEDGES	KJ946 P2 F8 C35	\$6
ROSEMARY BAKED SWEET POTATO	KJ484 P3 F1 C21	\$5
ROAST CUMIN PUMPKIN	KJ117 P1 F0 C4	\$5
TURMERIC BASMATI RICE	KJ321 P2 F0 C18	\$4
BROWN RICE	KJ710 P4 F1 C36	\$4
QUINOA	KJ316 P3 F1 C12	\$4

CHOOSE YOUR SIDES

BROCCOLI	KJ100 P3 F0 C1	\$5
GREEN BEANS	KJ106 P2 F0 C4	\$5
AVOCADO	KJ316 P1 F8 C0	\$5
GREEK SIDE SALAD	KJ628 P3 F8 C1	\$6
CHARRED VEG	KJ134 P2 F0 C0	\$5
BAKED MUSHROOM	KJ386 P4 F8 C2	\$5
BOILED EGG	KJ235 P6 F4 C0	\$3

CHOOSE YOUR SAUCE

AIOLI	KJ890 P1 F26 C1	\$3
CHILI AIOLI	KJ789 P1 F22 C3	\$3
HUMMUS	KJ326 P3 F5 C6	\$3
BEETROOT HUMMUS	KJ305 P3 F6 C6	\$3
TOMATO SAUCE		\$1
BBQ SAUCE		\$1