

BREAKFAST

Sourdough Toast - \$8.50

With choice of Jam or Vegemite \$1

Raisin Toast with butter - \$8.50

With choice of Jam or Vegemite \$1

Ham, Cheese & Tomato Toastie on Sourdough - \$13

Egg & Bacon Roll - \$13

Milk bun, Bacon, fried egg, aioli & BBQ Sauce

BLT Sandwich or Wrap - \$15

Bacon, lettuce, tomato with aioli
Sourdough add on egg, cheese or avocado

Avocado Toast - \$17.90

2 Free range Eggs with Avocado on Gluten Free Bread

Mushroom Breakfast - \$17.90

(Marli Special)

Roast Field Mushroom on Gluten Free Toast with Meredith Goats Cheese, Chimmichurri and Walnuts, Add on Poached eggs

Gluten Free Porridge - \$20.90

Real Maple Syrup & Nuts, Seasonal Fruits & Choice of Milk. Add on Protein \$2

Vegan Granola - \$20.90

House Gluten Free Vegan Granola, Mix of Seasonal Fruits & Coconut/Natural Yoghurt Add on Protein \$2

Eggs Benedict - \$21.90

With English muffin, poached eggs and hollandaise sauce (choice of salmon, bacon, ham or spinach) - GF option

Savoury Porridge - \$22.90

Oats cooked in Chicken Broth, topped with Crunchy Cabbage, Grilled Kale, Poached Chicken, Egg & Chilli Oil

Protein Pancakes - \$24.90

Fresh Ricotta, egg white, Real Maple Syrup, Choice of Natural or Coconut Yoghurt. Mix of Seasonal Fruits

Big Breakfast - \$25.90

Eye Bacon, lamb sausage, roasted mushroom, grilled tomato, poached eggs, hash brown, avocado, spinach & sourdough. Option GF.

Sweet corn Fritters - \$25.90

Flame grilled corn fritters topped with avocado, tomato & red onion salsa, tomato relish and a poached egg. Gluten Free.

Brisket Toastie - \$25.90

(Stevie Special)

Beef Brisket Toastie with Spinach, Pickles salad and oven baked Sweet Potato

Salmon Breakfast \$25.90

Hot Smoked Salmon, Free range Poached Eggs, Steamed Spinach, Pickled Cauliflower, onion, cucumber Salad + 1 GF Bread

Organic Turmeric Omelette - \$26.90

Organic Turmeric Omelette with Curry Leaf, Tomatoes, Mushrooms, Spinach & Grilled Broccolini + 1 GF Bread

Chicken Patatas Omelette - \$26.90

Organic Turmeric Omelette with Free Range Chicken, Potatoes & Avocado + 1 GF Bread

Kids Fish n Chips - \$11.50

1 piece of Battered Barramundi/flathead fish with oven baked sweet potato wedges or chips

Kids Chicken Nuggets - \$11.50

With oven baked sweet potato wedges or chips

Buddah Bowls - \$28.00

Basmati rice, green beans, edamame, carrots, tofu, pickles and ponzu. Add on Chicken, beef or salmon

STEVIE & MARLI

WHOLE SOME EXTRAS

Mushroom	\$6
Spinach	\$6
Broccolini	\$6
Nonies Bread	\$4
Poached Egg	\$4
Meredith Goats Cheese	\$6
Chimmichurri	\$2.5
Fresh Chilli Paste	\$2.5
Avocado	\$6
Bacon	\$5
Sausage	\$6
Chicken	\$10
Beef Brisket	\$10
Hash Brown	\$3
Smoked Salmon	\$8
Baked beans	\$5
Grilled Tomato	\$5
Chips	\$7



Gluten Free



Vegan



Contains Nuts



Lactose Free



Vegan



Soy Free

LUNCH

PROTEIN

Beef - \$17

Grass fed Beef Brisket

Salmon - \$17

Tasmanian Hot Smoked Salmon

Chicken - \$16

Free Range Poached Chicken Breast

Spice Bag

\$25.90

Free range chicken breast strips, capsicum, onion, chips and mixed spices with McDonnells curry sauce.

Grilled Fish

\$25.90

Grilled fish, mixed lettuce, oven baked sweet potato wedges or chips. Gluten Free.

Battered Fish & Chips

\$25.90

Battered Barramundi/ flathead fish and chips or oven baked sweet potato wedges, mixed lettuce salad with home-made tartare sauce

SALADS

Green - \$19

Broccoli, Baby Spinach, Snow Peas, Kale with Green Dressing

Japanese - \$20

Wombok, Edamame, wakame, Soba, Sesame, Spring Onions, Aioli & Ponzu

Falafel - \$23.90

House made Falafel, Raw Veg, pickles & Tahini Cream

SUPER SIDES

Sweet Potato - \$7

Hand Cut Roasted Sweet Potato

Turmeric Cauliflower - \$7

Whole Roasted

Quinoa - \$7

Mixed Tri Coloured Quinoa

BURGERS/WRAPS

Angus Beef Burger

\$24.90

Milk bun, juicy house made angus beef patties, baby cos, tomatoes, beetroot, spanish onion, American cheese, aioli & BBQ sauce with oven baked sweet potato wedges or chips. (Add on bacon, egg)

Peri-Peri Chicken Burger

\$24.90

Milk bun, peri-peri marinated chicken breast, baby cos, tomatoes, spanish onion, American cheese, peri-peri aioli with oven baked sweet potato wedges or chips. (Add on bacon, egg)

Falafel Burger

\$24.90

Milk bun with Falafel patties, baby cos, tomatoes, beetroot, spanish onion, American cheese, aioli & BBQ sauce with oven baked sweet potato wedges or chips.

Chicken & Avocado Wrap

\$23.90

Free range chicken breast strips, avocado, mixed lettuce, aioli and BBQ sauce with american sliced cheese with oven baked sweet potato or chips. (Add on bacon, egg)



BROTHS & SOUPS

BROTHS

Hot & Frozen Options

HOT SMALL

HOT LARGE

FROZEN

Beef Broth

\$8

\$13

\$24

Grass fed Beef Broth Slow Cooked for 24 Hours

Chicken Broth

\$8

\$13

\$24

Free range chicken Broth Slow Cooked for 24 Hours

Vegan Broth

\$13

\$21

Fresh Cooked Vegan Broth Goodnes

Extras 50c: Garlic, Turmeric, Chilli, Shallots & Lemon Juice, Dine in Broths Served large.

SOUPS

SERVED HOT

FROZEN

Green Goodness

Spinach, Peas & Broccoli

\$22

\$22

Orange Fire

Sweet Potato, Carrot, Pumpkin, Red lentil

\$22

\$22

Negrita

Mushroom & Black Beans

\$22

\$22

Chicken Broth Noodle Soup

\$28

\$28

French Style Soup w Free Range Chicken, Onion, Carrot, Celery, Leek, Shallots, Garlic & Buckwheat Noodles

Beef Broth Noodle Soup

\$28

\$28

Asian Style Soup with Grass fed Beef Brisket, Onion, Carrot, Celery, Leek, Shallots, Garlic & Buckwheat Noodles

Extras 50c: Garlic, Turmeric, Ginger, Chilli, Shallots & Lemon Juice. Dine in soups served large.

ALL DAY BREAKFAST & LUNCH. BUILD YOUR OWN KETO GLUTEN FREE AND VEGAN FRIENDLY

Note: Everything we cook by Olive oil. All Beef Brisket are grassfed. All Chicken & Egg are Free range.

Weekend surcharge 10% and public holiday surcharge 15%

PROTEIN SMOOTHIES

Nutcase Smoothie Bananas, Homemade Peanut Butter, Almond Milk, Himalayan Salt, Protein & Coconut Water	\$14
Mango Coconut Cleanse Refreshing blend of Bananas, Mango, Baby Spinach, Protein, Coconut Milk, Coconut Water	\$14
Turmeric & Collagen Keto Smoothie Blueberries, Coconut water, Protein, Antioxidant Collagen, Fresh Turmeric & Ginger	\$14
Anti-ageing Collagen Smoothie Antioxidant Collagen, Glutamine, Protein, Blueberries, Bananas, Coconut Water & Coconut milk	\$14
Acai Smoothie Refreshing blend of Acai, Coconut water, Bananas, Strawberries and Protein	\$16

FRESH JUICES \$11

Orange	Build your own
Apple	add on Ginger \$1
Carrot	
Celery	

ACAI \$15.50

Acai, Gluten free granola with seasonal fruits and Coconut flakes.
add on - Honey 70c Peanut butter \$1

COFFEE REG LGE

Babycino	\$2.00	
Espresso	\$3.80	
Macchiato	\$4.00	
Flat white	\$4.50	\$5.00
Cafe Latte	\$4.50	\$5.00
Turmeric Latte	\$5.00	\$5.50
Cappuccino	\$4.50	\$5.00
Mocha	\$5.00	\$5.50
Matcha	\$5.50	\$6.50
Piccolo	\$4.50	
Long Black	\$4.50	\$5.00
Chai Latte	\$4.50	\$5.00
Hot Chocolate	\$5.00	\$5.50
Iced Matcha		\$7.00
Iced Latte		\$6.00
Iced Mocha		\$6.70
Iced Chai Latte		\$6.50
Iced Long Black		\$5.50
Sticky chai		\$6.50

COFFEE EXTRAS

Extra Shot	50c	Almond
Honey	70c	Soy
Milk / Syrup	80c	Oat
		Coconut
		Caramel
		Hazelnut
		Vanilla

STEVIE & MARLI

MILKSHAKE \$10.50

THICKSHAKE \$12.50

STRAWBERRY | CARAMEL
VANILLA | CHOCOLATE

BREAD

Banana Bread Sugar Free Baked Banana Bread topped with our 8 Seeds & Nuts Granola	\$6.00
Orange & Poppyseed Cake Gluten Free, Flourless, Orange & Poppyseed Goodness	\$6.00
Mixed Berry Sugar Free House Baked Mixed Berries Bread topped with Almond flakes	\$6.00
SM Breakfast Cookie Oat Based Cookie with Granola	\$6.00
Chocolate Brownie Home made	\$6.00

DRINKS

Ginger & Turmeric Tonic	\$6.00
Bottled Water	\$4.00
Can coke	\$5.00
Kombucha	\$7.00
Juice Bottle	\$7.00
Sparkling Water	\$5.00
Ice Tea	\$7.00

TEAS - \$6

Peppermint
Chamomile
Green
English Breakfast
Earl Grey
Matcha Green Tea

YOGHURTS

Evia (Natural)	\$5
Coconut	\$5

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