

# MENU

## CLASSICS

<b>Nutty Toast</b>	8.00
House made almond peanut butter with two slices of toast	
<b>Eggs on Toast</b>	13.50
Eggs your way, with two slices of toast and spinach	
<b>Croissant Eggs Benny</b>	22.00
Traditional eggs benny with a twist - served on a croissant	
<b>IAMFIT Bulk Brekky</b>	24.00
Eggs your way, toast, bacon, sweet pork sausages, mushrooms and hash brown	

## LOADED PROTEIN OMELETTE

<b>Veggie Avo Omelette</b>	18.00
Avocado, cheese, tomato, spinach, eggs	
<b>Double Bacon &amp; Cheese Omlette</b>	18.00
Bacon, cheese, spinach, eggs	
<b>Chicken Avo Omelette</b>	18.00
Chicken, avocado, cheese, spinach, aioli swirl	

## SEASONAL

<b>Soup of the Day</b>	12.00
Served with toast	
<b>Chilli Scramble</b>	18.00
Semi-spicy take on scrambled eggs on toast. Topped with chilli oil, parmesan and chives	
<b>Strawberry Matcha Protein Pancakes</b>	21.00
Matcha infused protein pancakes topped with coconut yoghurt, strawberries, puree and matcha drizzle	
<b>Mushroom Pesto Bruschetta</b>	22.00
Two slices of toast topped with pesto, spinach, sautéed mushrooms, feta cheese, balsamic glaze and chives	



## KIDS MENU

<b>Mini Waffle</b>	10.00
Single waffle topped with strawberries, banana and ice-cream	
<b>Mini Scramble</b>	10.00
Scrambled eggs with toast	

## SMOOTHIE BOWLS

<b>Açaí Super Smoothie Bowl</b>	18.00
Açaí smoothie mix, fresh seasonal fruits, granola muesli, peanut butter, pistachio cream and coconut flakes	
<b>Choc-Nutty Protein Bowl</b>	18.00
Nutty butter smoothie mix, fresh seasonal fruits, granola mix, peanut butter, pistachio cream and vegan choc-chips	
<b>Protein Yoghurt Muesli</b>	18.00
Hear Us Raw Powerball, home made granola, protein powder, greek yoghurt, peanut butter and pistachios	

## ADD-ONS

<b>Hashbrowns</b>	3.50
<b>Avocado</b>	5.00
<b>Extra egg</b>	5.00
<b>Extra toast</b>	5.00
<b>Bacon</b>	6.00



## HOT DRINKS

Single / Double Espresso 4.00

Piccolo / Short Mac 4.00

Flat White Latte  
Cappuccino 5.40 / 5.90 / 6.80

Long Black  
Batch Brew  
Hot Chocolate

Long Mac  
Mocha 5.80 / 6.30 / 7.20

Matcha  
Turmeric Latte

Sticky Chai Latte 6.20 / 6.80 / 7.70

**CHARGES APPLY FOR EXTRA SHOTS,  
DECAF, ALTERNATIVE MILKS AND SYRUP**

Caramel / Vanilla / Hazelnut (sugar-free options)  
Oat / Soy / Almond / Lactose Free

# DRINKS

## SMOOTHIES

**Nutty Butter Choc-Protein** 11.50  
House made almond peanut butter, vegan choc-chips, banana, whey protein power, coconut water (382 cal)

**High Voltage Espresso** 11.50  
Double espresso, oats, dates, dark choc powder, banana, coffee beans, oat milk (310 cal)

**Lean Green** 11.50  
Spinach, kale, hemp protein seeds, banana, coconut water (222 cal)

**Acai Very Berry** 11.50  
Acai berry, strawberry, blueberry, mulberry, banana, coconut water (174 cal)

**Mango Matcha** 11.50  
Mango, matcha, banana, passionfruit, coconut water (310 cal)

**Add ons**  
Oats 1.00  
Double espresso shot 2.00  
Protein powder 2.50  
Vegan protein powder 3.00



## TEA

English Breakfast  
Earl Grey  
Darjeeling Green 5.50  
Lemongrass Ginger  
Chamomile  
Peppermint

## MILKSHAKES

Chocolate  
Spearmint 7.50  
Vanilla  
Strawberry  
Caramel

## COLD DRINKS

Iced Latte 7.00  
Iced Long Black  
Iced Chocolate  
Iced Mocha 7.50  
Iced Chai Latte 7.80  
Iced Matcha 7.00  
Iced Strawberry Matcha 8.90