

BREAKFAST

7AM-11:30AM MON-FRI
7AM-2PM SAT-SUN &
PUBLIC HOLIDAYS

TARTINES

Tartines served on Sonoma Sourdough, served with petite salad; Gluten Free Toast +\$2.00

Sourdough Toast with Bonne Mama Strawberry Preserve & Papa Saya Cultured Butter
(NF) **\$7.95**
with 2 soft poached eggs +\$4.50

Roasted Mushrooms with Soft Scrambled Eggs, Green Goddess Dressing
(NF) **\$17.95**
with grilled halloumi +\$5.00
with fresh avocado +\$4.00

Grilled Halloumi Toast with Sweet Potatoes, Lime, Pickled Onions, Balsamic Vinaigrette
(NF) **\$16.95**
with 2 soft poached eggs +\$4.50
with fresh avocado +\$4.00

House Made Beet Hummus, Orange, Broccoli, Radish, Lemon Extra Virgin Olive Oil
(V) (DF) (NF) **\$15.95**
with 2 soft poached eggs +\$4.50
with grilled halloumi +\$5.00

Smoked Sustainable Salmon Toast with Chive Cream Cheese, Cucumber, Red Onions, Lemon Extra Virgin Olive Oil
(NF) **\$17.95**
with 2 soft poached eggs +\$4.50

Daily Greens Avocado Toast with Roasted Nori Seaweed, Sesame Seeds, Lemon
(NF) **\$15.95**
with 2 soft poached eggs +\$4.50
with grilled halloumi +\$5.00

Breakfast Wrap
Roasted Sweet Potatoes, Fresh Herbs, Feta, Flour Tortilla, Scrambled Eggs
(NF) **\$16.95**

Kale Caesar Green Bowl
Shredded Kale, Parmesan cheese, Housemade Caesar Dressing
(V) (DF) **\$15.95**
with 2 soft poached eggs +\$4.50
with fresh avocado +\$4.00

Coconut Yogurt with Granola and Seasonal Fruits
(V) (DF) (GF) **\$12.95**
with peanut butter +\$2.00
with almond butter +\$2.50

Morning Glory Green Bowl
House Mesclun Greens, Orange, Beetroot, Roasted Almonds, Balsamic Vinaigrette
(V) (DF) **\$15.95**
with fresh avocado +\$4.00
with 2 soft poached eggs +\$4.50

PASTRIES

Croissant **\$4.50**
Chocolate Croissant **\$5.50**
Morning Bun **\$7.50**
Pastel De Nata Vanilla **\$5.95**

THE BOWLS

STARTS AT 10:30AM

WARM BOWLS

Fun Guy, Funghi (V) (DF) (NF)
Roasted Mushrooms, Shredded Cabbage, Coriander, Corn Chips, Warm Quinoa, Lemon Kale Slaw, Cherry Tomatoes, Spring Onion, Roasted Almonds, Lime Coriander Vinaigrette **\$17.95**

Woodstock (V) (DF) (NF) (GF)
Shredded Carrot, Fresh Lemon, Wild Rocket, House Mesclun Greens, Raisins, Spring Onions, Warm Quinoa, Oregano-Red Wine Vinaigrette **\$15.95**

Moroccan Chicken (NF)
Roasted Free Range Chicken Breast, Roasted Carrots, Dates, Spiced Crispy Chickpeas, Mint, Warm Quinoa, Shredded Kale, House Made Beet Hummus, Balsamic Vinaigrette **\$17.95**

Roasted Carrot & Avo (V) (DF)
Roasted Carrot, Fresh Avocado, Warm Organic Black & Brown Rice, Shredded Kale, Roasted Broccoli, Spicy Sunflower Seeds, Lime Coriander Vinaigrette **\$17.95**

Miso Salmon (DF) (NF)
Baked ASC Atlantic Salmon, Warm Organic Black & Brown Rice, Wild Rocket, Sesame Green Beans, Red Onion, Cucumber, Shredded Cabbage, Miso Caramel Dressing **\$19.95**

Roasted Cauliflower (V) (DF)
Warm Quinoa, Charred Cauliflower, Roasted Almonds, Mint, Wild Rocket, Orange, Raisins, Oregano-Red Wine Vinaigrette **\$16.95**

COLD BOWLS

Good Morning, Vietnam (V) (DF)
Locally Sourced Roasted Sesame Tofu, Raw Corn, Cucumber, Shredded Cabbage, Mint, Coriander, Spicy Sunflower Seeds, Wild Rocket, Lime Squeeze, Lime Coriander Vinaigrette **\$16.95**

Nice Salad
Organic Chopped Eggs, House Mesclun Greens, Green Beans, Roasted Almonds, Kalamata Olives, Marinated Cherry Tomatoes, Boiled New Potatoes, Oregano-Red Wine Vinaigrette **\$17.95**
add Baked ASC Atlantic Salmon +\$3.50

Avo & Lentils (V)
Lentil de Puy, Fresh Avocado, Cucumber, Shredded Carrots, Basil, Roasted Almonds, Wild Rocket, Balsamic Vinaigrette **\$17.95**

The Italian Job (V)
House Mesclun Greens, Shredded Kale, Cranberries, Spicy Sunflower Seeds, Pickled Peppers, Oregano-Red Wine Vinaigrette **\$16.95**

Kale Caesar (NF)
Shredded Kale, Shaved Parmesan, Fresh Lime Squeeze, Caesar Dressing **\$15.95**
with roasted free range chicken breast +\$2.00

Greek Goddess

House Mesclun Greens, Roasted Free Range Chicken Breast, Roasted Almonds, Green Apple, Feta, Cherry Tomatoes, Red Onion, Cucumber, Green Goddess Dressing **\$17.95**

SOUPS

Corn Chowder **\$8.95**
Mixed Vegetable **\$8.95**
Tomato & Basil Bisque **\$8.95**

BUILD YOUR OWN

FROM \$15.95 / 10:30AM

STEP ONE

PICK A BASE — OR 2

#1

Warm Organic Black & Brown Rice
Warm Quinoa **+\$1.50**
House Mesclun Greens
Shredded Kale **+\$1.00**
Wild Rocket
Spinach

STEP TWO

DRESS IT (PICK 1)

#2

Avocado Ranch (NF)
Caesar Dressing (NF) (GF)
Lime Coriander Vinaigrette (V) (DF) (NF) (GF)
Balsamic Vinaigrette (V) (DF) (NF) (GF)
Oregano-Red wine Vinaigrette (V) (DF) (NF) (GF)
Pesto Vinaigrette (NF) (GF)
Ginger Tamari Dressing (V) (DF) (NF) (GF)
Green Goddess Dressing (NF) (GF)
Miso Caramel (NF)
EVOO (V) (DF) (NF) (GF)
Lemon Squeeze (V) (DF) (NF) (GF)

STEP THREE

PICK 4 FILLINGS

#3

additional **+\$1.00** per filling if 5 or more

Roasted Sweet Potatoes
Shaved Beets
Roasted Carrots
Shredded Carrots
Roasted Broccoli
Charred Cauliflower
Red Onion
Cherry Tomatoes
Cucumbers
Shredded Cabbage
Raw Corn
Green Beans
Boiled Potatoes
Orange
Green Apple
Basil
Mint
Coriander
Spring Onion
Raisins
Cranberries
Dates
Kalamata Olives

STEP THREE

PICK A PROTEIN

#4

Double protein **+\$5.00** each

Locally Sourced Non GMO Tofu **+\$1.00**
Roasted Mushrooms **+\$1.50**
Roasted Free Range Chicken Breast **+\$2.00**
Baked ASC Atlantic Salmon **+\$3.50**
Smoked ASC Atlantic Salmon **+\$3.50**

STEP FIVE

ADD CRUNCH (PICK 1)

#5

additional **+\$1.00** each

Corn Chips
Spicy Sunflower Seeds
Roasted Almonds
Spicy Crispy Chickpeas

STEP SIX

ADD A SPECIAL

#6

Fresh Avocado **+\$2.00**
House Made Beet Hummus **+\$2.00**
Hard Cooked Egg **+\$1.50**
Shaved Parmesan **+\$1.50**
Feta **+\$1.50**

(NF) Nut Free (GF) Gluten Free
(V) Vegan (DF) Dairy Free

BEVERAGES

ALL DAY
EVERY DAY

COFFEE	DINE	TA(R)	TA(L)
Espresso	\$3.50	\$3.50	-----
Piccolo	\$3.80	\$3.80	-----
Long Black	\$4.00	\$4.00	\$4.50
Iced Long Black	\$4.50	\$4.50	-----
Capuccino	\$4.20	\$4.20	\$4.70
Flat White	\$4.20	\$4.20	\$4.70
Latte On Ice	\$4.50	\$4.50	-----
Mocha	\$4.50	\$4.50	\$5.50
Mocha On Ice	\$5.00	\$5.00	-----
Cold Brew On Ice	\$5.50	\$5.50	-----
Hot Chocolate	\$4.50		
Babyccino	\$1.50		

DAILY GREENS SPECIALTY LATTES

Organic Chai Latte	\$6.00
Turmeric Latte	\$6.00
Matcha Latte	\$5.50
Matcha Latte on Ice	\$6.50
Red Velvet Beetroot Latte	\$6.00

*Milks: Soy, Almond, Oat, Coconut **+\$0.5**

LOOSE LEAF TEAS

English Breakfast	\$4.50
Earl Grey	\$4.50
Green Tea	\$4.50
Peppermint	\$4.50
Chamomile	\$4.50

FRESH HOUSE MADE JUICES

Watermelon, Basil	\$8.50
Celery, Apple, Spinach	\$8.50
Pineapple, Mint	\$8.50
Beet, Orange, Carrot	\$8.50

BOTTLED BEVERAGES

Original Kombucha	\$5.95
Lemon Kombucha	\$5.95
Ginger Kombucha	\$5.95
Tropical Kombucha	\$5.95
Coconut Water	\$4.00
Just Water (Still)	\$3.95
Sparkling Water	\$4.95
Roasted Barley Tea (Cold)	\$4.95
Matcha Green Tea (Cold)	\$4.95
Coke	\$4.95
Coke No Sugar	\$4.95

ASK AT COUNTER FOR THE
DAILY SMOOTHIES

BEER & WINE AVAILABLE

DINE IN & TAKEAWAY

UBER eats 