

FOOD WELL BREAKFAST

FRUIT & GRAIN BOWLS

GOLDEN SPICED MILK PORRIDGE

Almond milk porridge infused with turmeric, cardamom and warm aromatised spices, toasted nuts, coconut yoghurt and gingerbread crumb. **VE N GF**

6

BREAKFAST PORRIDGE WITH CHOICE OF TOPPINGS

MISO CARAMEL OR BLUEBERRY COMPOTE

4

CARAMEL MISO GRANOLA BOWL

Fermented blueberry and vanilla with coconut yoghurt, freeze dried berries and miso caramel granola. **VE N GF**

6

MANGO & COCONUT CHIA PUDDING

Coconut milk soaked chia, with passion fruit, pineapple, mango salsa, lime leaf and toasted coconut. **VE GF**

7

CLASSICS

RICOTTA HOT CAKES

SWEET

Fluffy ricotta hot cakes with caramelised banana, maple, blueberries and freeze. **V**

7

SAVOURY

Stacked hot cakes, with crispy bacon, maple, apple crunch and peanut butter. **N**

AUSSIE BEACH BREAKFAST

Crispy bacon, poached egg, lime and chilli avocado, slow roasted tomato, spinach and halloumi. **GF**

9

JALAPEÑO CORN BREAD WITH BLACK BEAN SALSA

Crispy chilli cornbread, avocado, poached egg, bean salsa with rose harissa sour cream and pickled sweet red onion. **V N GF**

9

STEAK AND EGGS

Flat iron steak, scrambled eggs, slow roast tomato, wilted spinach and korean spiced ketchup. **GF**

9

SAUSAGE & EGG BREAKFAST MUFFIN

Cumberland sausage pattie on superfood brioche, organic folded eggs, grilled cheese, crispy onion and korean spiced ketchup.

8

ON TOAST (BUILD YOUR OWN)

EXTRAS/SIDES

HALLOUMI

STREAKY BACON

EGGS (OMELETTE, POACHED, SCRAMBLED)

AVOCADO

SMOKED SALMON

WILTED SPINACH

LEAN SAUSAGE PATTIE

MIXED MUSHROOMS

ROAST TOMATO

3

2

Vegetarian **V** Vegan **VG** Contains nuts **N** Gluten free **GF**

PLEASE TURN ME OVER...

JUICES

GARDEN 4

Kale, parsley, lime, celery, ginger and cucumber

SUNRISE 4

Carrot, golden beets, turmeric, chilli, lemon and orange

HYDRANT 4

Beetroot, acai, lemon, ginger and coconut water

SWEET GREENS 4

Apple, fennel, mint, spinach, aloe vera and lime

SHOTS

HARD GREENS 3

Kale, parsley, lime, celery and ginger

ORANGERY 3

Carrot, golden beets, turmeric, chilli, lemon and orange

PURPLE RAIN 3

Beetroot, acai, lemon and ginger

GREEN NECTAR 3

Apple, fennel, mint, spinach, aloe vera and lime

KOMBUCHA

LA BREWERY GINGER 3.5

LA BREWERY LEMONGRASS 3.5

WE HAVE PARTNERED WITH THE MOST FAMOUS COFFEE COMPANY IN THE CAPITAL GRIND

GRIND work closely with a team of boutique importers, guaranteeing fair pay to farmers, as well as investing in projects to improve the communities that they rely so much on.

GRIND COFFEE

ESPRESSO	2.5/3
LONG BLACK	2.5
FLAT WHITE	3
LATTE	3
CAPPUCCINO	3

SPECIALIST LATTES

GOLDEN SPICED MILK	3
MATCHA LATTE	3
BEETROOT LATTE	3
CHAI SPICE LATTE	3

DAIRY ALTERNATIVES: COCONUT/ALMOND/OAT

TEA

LOOSE TEAF TEAS

BREAKFAST	2.5
LADY GREY	2.75
CHAMOMILE	2.75
CHUN MEE GREEN	2.75
GREEN MINT	2.75
SPICE	2.75

WELLNESS TEAS

FOODWELLNESS TEA	2.75
HEAVENLY LIFE	2.75
GREEN TEA	
MOTIVATION TEA	2.75

DAIRY ALTERNATIVES: COCONUT/ALMOND/OAT

BAKERY

PAIN AUX CHOCOLATE 3

PAIN AUX RAISIN 3

CROISSANT 3

CINNAMON KNOT 3

BLONDIE 3

JERK HAM AND CHEESE 7

SUPERFOOD TOASTIE

Jerk ham hock, mature cheddar, pineapple chutney, superfood, sourdough toastie

TOASTED SUPERFOOD 3

SOURDOUGH

WITH A CHOICE OF TOPPING:

PEANUT BUTTER

HOUSE JAM

BUTTER