

ORGANIC ESPRESSO

Freshly Roasted Locally • Custom Blend

	Small	Regular	Iced
Espresso	3.8		
Long Black	4.0	4.5	4.5
Latte / Flat White / Cappuccino	4.5	5.5	5.5
Mocha	5.0	6.0	6.0
Macchiato	4.0		

Additional Espresso Shot +1.0 Organic Soya Milk / Oat Milk +1.0 Add Halzenut / Vanilla Syrup +1.0

VARIETY LATTE

	Hot	Iced
Chai / Red Chai - Beetroot & Spices -	5.5	
Turmeric Honey / Matcha	5.5	
Chocolate	5.0	5.5
Additional Espresso Shot +1.0 Oat Milk +1.0 Add Halzenut / Vanilla Syrup +1.0		

WELLNESS TEA

Caffeine Free • High in Antioxidant

	Hot	Iced
Organic Red / Green Rooibos	4.0	
Organic Lemongrass / Ginger / Roselle	4.0	
Chamomile Flower / Peppermint Leaves	4.0	
Iced Rooibos Lemon Tea		4.5

WHOLE LEAF TEA

Organic Green Tea			4.0
Timeless Earl Grey /	Englis	h Breakfast	4.0

DESIGN YOUR OWN SALAD



\$8.80

1 BASE*

4 TOPPINGS
1 DRESSING

regular \$9.80

1 BASE*

1 PROTEIN / DELI
4 TOPPINGS
1 DRESSING

Add ons:

Hot Organic Black Coffee +3 • Hot Wellness Tea +3 Small Soup +3 • Iced Tea +3.5



MINDFUL FEEDING

Plenty of thought goes into our food so that it's tasty minus the trans fat and additives.





Slow-Boiled • Gluten-free

comes with fresh bread from our bakery

8.8



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Add ons:

Hot Organic Black Coffee +3 • Hot Wellness Tea \$3 Small Soup +3 • Iced Tea +3.5

GOURMET SANDWICHES

Served with Wholesome Fresh Breads from our Bakery

Peppercorn Beef Pastrami with Horseradish & Dijon Mustard, Mayo, Lettuce, Tomato	8.5
Slow-cooked Tender Pulled Pork with avocado, Peperonata, Mayo, Lettuce, Tomato	8.5
Premium Smoked Ham with Melted Cheese, Mayo, Lettuce, Tomato	8.5
BLT with Crispy Bacon, Mustard, Mayo, Lettuce, Tomato	8.5
Rosemary Chicken with Cranberry Sauce, Mayo, Lettuce, Tomato	8.5
Smoked Salmon with Dill Yogurt Dressing, Lettuce, Tomato	8.5
Tuna Salad with Red Pepper, Onion, Celery, Mayo, Lettuce, Tomato	8.5
Smoked Turkey Ham & Brie with Cranberry Sauce, Mustard, Mayo, Lettuce, Tomato	9.5
Pulled Beef Avocado with Mayo, Lettuce, Tomato	9.5
Roasted Chicken & Avocado with Mayo, Lettuce, Tomato	9.5
Threesome (Turkey, Ham, Bacon) with Mozzarella, Mustard, Mayo, Lettuce, Tomato	9.5

PLANT-BASED SANDWICHES

Served with wholesome Fresh Breads from our Bakery. Comes with Low Fat Vegan Mayo & Sprouts

Quinoa Tofu Pumpkin Burger with White Tahini Sauce, Purple Slaw, Tomato	8.5
Grilled Beetroot Patty & Avocado with Chilli Jam, Lettuce, Tomato	8.5
Teriyaki Mushroom Millet Burger with Pumpkin, Plum Sesame Sauce, Lettuce, Tomato	8.5
Spinach Lentil Patty & Mushroom with Plum Chutney Sauce, Purple Slaw, Tomato	8.5
Avocado & Veggies with Zucchini, Carrot, Beetroot, Hummus, Chilli Jam	8.5
Grilled Trio Colour Veggies with Pumpkin, Peperonata, Mixed Mushrooms, Hummus	8.5

GOURMET THINS

Toasted flat wheat bread with mozzarella cheese, mayo, rocket & tomato

Basil Pesto Chicken	8.5
Hammy Cheese	8.5
Tuna Salad	8.5
Veggie Shroom with Peperonata, Mushroom & Bavarian Wholegrain Mustard	8.5

DAILY SETS -

Sandwich Set A \$8.50 Sandwich and Small Soup	11.5
Sandwich Set B \$9.50 Sandwich and Small Soup	12.5
Thins Set Gourmet Thins and Small Soup	11.5
Add-on Coffee / Tea +2.5	