

## BRUNCH & LUNCH

### AVOCADO TOAST 8

our classic avocado smash seasoned w/ fresh lemon juice, sea salt & black pepper, chili flakes & olive oil on toasted whole grain bread **265 CAL**

*add* a poached egg *proudly cage free* +3

### SALMON TOAST 9

smoked salmon w/ cream cheese, dill, cracked black pepper & fresh lemon juice on toasted whole grain bread **D | 295 CAL**

### RICOTTA, BERRIES & MINT TOAST 6.5

cow's milk ricotta, strawberries, mint, honey, sea salt & black pepper on toasted whole grain bread **D | 285 CAL**

### BANANA TOAST 5.5

fresh banana sliced on toasted whole grain bread w/ almond butter, honey & cinnamon **N | 270 CAL**

### TOAST BAR *make it GLUTEN FREE* +2 3

- Vegemite & butter **D | 160 CAL**
- jam & butter **D | 180 CAL**
- almond butter **N | 180 CAL**

### ALMOND OATMEAL 5.5

rolled oats served w/ shredded coconut, dried cranberries & cashew nuts topped w/ steamed almond milk **N | 195 CAL**

## BOWLS

### BREAKFAST ALL DAY BOWL 14

poached egg, red quinoa, baby kale, avocado, sheep's milk feta, heirloom tomatoes & house lemon dressing **D | 335 CAL**

### RAINBOW ALL DAY BOWL 14

avocado, spinach, heirloom tomatoes, red cabbage, carrots, sheep's milk feta, red quinoa, a poached egg & herbed yogurt dressing **D | 335 CAL**

### THE GREEK 14

sheep's milk feta, tomatoes, Castelvetrano olives, zaatar chickpeas, mint, spinach & house lemon dressing **D | 250 CAL**

## SEASONAL TOASTIES

### PROSCIUTTO TOASTIE 12

prosciutto, spinach, fresh cut tomato & provolone cheese w/ chimichurri on toasted whole grain bread **D**

### CHEESE & TOMATO TOASTIE 10

fresh cut tomato, spinach, provolone cheese & pesto on toasted whole grain bread **D, N**

## ADD ONS

*proudly cage free* poached egg 3 **70 CAL**  
 tomatoes 1.5 **10 CAL** | sheep's milk feta 3 **D | 115 CAL**  
 prosciutto 4 **145 CAL** | smoked salmon 6 **90 CAL**  
*make it GLUTEN FREE* +2

CONTAINS DAIRY (D) | CONTAINS NUTS (N) | CONTAINS SOY (S)

## COFFEE & MORE

### HOT

espresso <b>0 CAL</b>	3.25
long black <b>0 CAL</b>	3.5
hot brew <b>0 CAL</b>	3.5
macchiato <b>50 CAL</b>	3.5
piccolo <b>75 CAL</b>	3.75
magic <b>90 CAL</b>	4
flat white <b>120 CAL</b>	4.25
latte <b>120 CAL</b>	4.25
cappuccino <b>120 CAL</b>	4.25
hot chocolate <b>135 CAL</b>	4.5
chai latte <b>145 CAL</b>	4.25
bambiccino <b>35 CAL</b>	1.5
organic tea <b>0 CAL</b>	3.75

### COLD

cold brew <b>0 CAL</b>	4
affogato <b>170 CAL</b>	4.25
cold milo <b>325 CAL</b>	4.75
iced latte <b>120 CAL</b>	4.75
iced chocolate <b>135 CAL</b>	4.75
Aussie iced latte <b>260 CAL</b>	5.5
cold brew float <b>170 CAL</b>	5

### COLD BREW ICED TEA

spring trellis <b>0 CAL</b>	4
Melbourne brekkie <b>0 CAL</b>	4

## WELLNESS

### LATTE

matcha <b>N   60 CAL</b>	5
golden <b>N   70 CAL</b>	5
beet <b>N   60 CAL</b>	5
<i>make it iced</i>	+1

### SPRITZ

berry adaptogen <b>0 CAL</b>	5
tropical zen <b>0 CAL</b>	5

## MORE

au lait <b>35 CAL</b>	.25
almond <b>55 CAL</b>	1
oat <b>110 CAL</b>	1
single origin <b>0 CAL</b>	.5
large <b>ADD 5-75 CAL</b>	.5
extra shot <b>0 CAL</b>	1

All prices exclude tax. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Menu items may contain, or have come in contact with milk, eggs, fish, shellfish, peanuts, tree nuts, wheat, sesame seeds and or soybeans. Please inform your server of any allergies. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.