

LUNCH MENU

SALAD & BOWL

1. Chicken Caesar Salad

15.5

Grilled Chicken, crispy bacon, boiled egg, shaved Parmesan cheese, baby cos lettuce, house-made caesar dressing and toast

2. Burrito Bowl

15.5

Choice of pulled pork or grilled chicken with avocado, kale, mixed beans, pickled onion, sweet corn, cucumber, cherry tomato, fried onion with smokey chipotle dressing

3. Classic Salad

15.5

Avocado, cherry tomato, cucumber, mix leaf, cos lettuce, red wine vinegar dressing, sourdough and your choice of protein: Grilled chicken/ Chorizo/ Haloumi

4. Nourish Bowl



15.5

Hummus, kale, sweet potato, cherry tomato, cucumber, capsicum relish, boiled egg, pickled onion and your choice of protein: Grilled chicken/ Chorizo/ Haloumi

5. Peri-Peri Chicken Salad



15.5

Marinated chicken with house made piri piri seasoning, avocado, cherry tomato, Persia feta cheese, Kalamata olives, sweet corn, mix lettuce & honey lemon dressing

6. Vietnamese Chicken Salad

15.5

Grilled chicken breast, mint, coleslaw, crusted peanut, vermicelli noodle, fried crispy shallot with pineapple fish sauce

PASTA

7. Garlic Prawn Linguine

17.9

House made tomato and red pepper sauce, cherry tomato & parmesan cheese

8. Creamy Carbonara

16

Crispy bacon, parmesan cheese & house made white sauce

9. Creamy Pesto Chicken Fettuccine

16

House made creamy pine basil pesto, chicken, cherry tomato & parmesan cheese

10. Chicken Mushroom Fettuccine

16

Sauteed Shiitake and field mushroom, kale, cherry tomato, persian feta cheese with toasted sourdough

SANDWICHES & WRAPS

Adds on a side of salad for \$3

11. Classic Reuben

14.5

Pastrami, cheese, kraut, pickled onion, mustard and gherkin

12. Roasted Sweet Potato (Vg)

13

Tandoori roasted sweet potato, dukkah, hummus, avocado, pickled onion, kale and capsicum relish

13. Chicken & Avocado

13

Grilled chicken, avocado, cheese, mix leaf, honey seeded mustard mayo

14. Chicken Schnitzel

13

Crumbed chicken, cheese, chilli relish, mayonnaise, tomato and cos lettuce

15. Pulled Pork

Cubano



14.5

Smokey pulled pork, cheese, pickled onion, gherkins, coleslaw, housemade BBQ

16. Breakfast Burrito

14.9

Grilled chorizo, scrambled eggs, mixed beans, tomato, cheese, avocado and capsicum relish on tortilla wrap.

17. Haloumi (V)

13

Grilled haloumi, avocado, caramelised onion, mayo, tomato and cos lettuce

18. Truffle Mushroom Melts

14

Sauteed Shiitake and field mushroom, truffle mayonnaise, 3 cheeses, onion jam and gherkin

19. Prosciutto Croque Monsieur

14

Prosciutto, provolone, parmesan, truffle mayo, bechamel, dijon mustard & gherkins

20. Portuguese Chicken



13

Marinated chicken with house made piri piri seasoning, smokey chipotle, cheese, tomato & mix leaf

BLACK & WHITE

	4oz	6oz	8oz	12oz
Espresso	4			
Mac	4.3			
Piccolo	4.3			
Long Black		4.3	4.5	5
Flat White		4.3	4.5	5
Latte		4.3	4.5	5
Cappuccino		4.3	4.5	5
Batch Brew			5	5.5
Cold Drip/Cold Brew				6

OTHER FAVOURITES

	8oz	12oz
Mocha	5	5.5
Chai Latte	5	5.5
Dirty Chai	5	5.5
Matcha Latte	5	5.5
Hot Chocolate	5	5.5

TEA-LOOSE LEAF BY ORIGIN

English Breakfast	5
Earl Grey	5
Chamomile	5
Lemongrass Ginger	5
Green Tea Sencha	5
Jasmine	5
Peppermint	5
Spiced Honey Masala Chai	6

FRESH COLD PRESSED JUICE

	regular	Large
Detox Orange, Lemon, Ginger & Carrot	7.5	9
Simply Green Green Apple, Celery, Spinach & Lemon	7.5	9
Jasper Pineapple, Mint & Apple	7.5	9
Orange Straight up	7.5	9
Apple Straight up	7.5	9

ON ICE

	regular	Large
Ice Latte	6	7.5
Ice Long Black	6	7.5
Ice Coffee	7	8.5
Ice Chocolate	7	8.5
Ice Matcha Latte	7	8.5
Affogato	6	7.5
Vietnamese Iced Coffee 🍷	7.5	9

COLD DRINKS

	regular	Large
Milkshakes	7.5	9

Blended with ice cream & milk with Choice of flavour: Fresh Coffee, Chocolate, Caramel, Vanilla, Matcha Green Tea or Mixed Berries.

Thickshakes	8.5	10
-------------	-----	----

Blended with ice cream & milk with choice of flavour: Fresh Coffee, Chocolate, Caramel, Vanilla, Matcha Green Tea or Mixed Berries.

SMOOTHIES

	regular	Large
Banana Smoothie Banana, milk, Greek yogurt, honey and cinnamon.	8.5	10
Mango Smoothie Mango, milk, Greek yogurt & honey.	8.5	10
Mixed Berries Smoothie Mixed berries, Greek yogurt, milk, vanilla & honey.	8.5	10
Acai Smoothie Acai blended with banana & almond milk	9.5	11
Breakfast Smoothie Banana, granola, almond milk, cinnamon & honey	9.5	11

OTHER DRINK

Coke, Coke Zero, Lemonade	3.0
Kombucha	4.8

EXTRAS

Soy, Almond, Oat, Lactose Free milk	0.7
Vanilla, Hazelnut, Caramel syrup	
Extra shot, decaf	