

all day breakfast

cereal	13
with bircher, tapioca, seasonal fruit, country valley yoghurt	
eggs on toast	10
two free range eggs, summer mustard relish, sourdough toast	
eggs and soldiers	11
two free range soft boiled eggs, sourdough soldiers, hand churned pepe saya butter	
brekky burrito	14
scrambled egg, black bean, potato hash, chipotle sauce, cheddar add guacamole	2
brekky roll	12
fried free range egg, slaw, aioli, salsa verde, avocado	
the bowl	16
tofu, avocado, kale, pumpkin, slaw, grains, legumes, sprouts, seeds, nuts, fresh and dried fruit	
potato hash and poached egg	17
roast mushroom, wilted greens, creamed corn, goats cheese	
additions	
fermented chilli / aioli / relish / chipotle sauce	1
wilted greens / salsa verde	3
avocado and lemon / potato hash / roast mushroom	4
free range bacon	5
snacks	
ricotta toast (per slice)	7
fresh ricotta, cinnamon, strawberry on sourdough	
smashed egg toast (per slice)	7
poached egg smashed with salsa verde	
avocado toast (per slice)	7
mashed avocado, meredith goats chevre, fermented chili	
mushroom toast (per slice)	7
with blue cheese, poached pear	
for the kids	
babycino milk foam, tiny teddy	1
kids shakes	3
butterscotch, chocolate, milo, banana	
a slice of avo toast	4
a slice of cheese on toast	4
small serves of other items	



40% off

lunch see the board for details

roast vegetable wrap	<i>gfo</i>	15
seasonal roast vegetables, salad and condiments		
sundry burger	<i>gfo</i>	15
legume and brown rice pattie, seasonal salad and condiments		
warm salad	<i>gfo</i>	16
seasonal vegetables, grains, legumes, dressing		
organic lentil and spinach pie		16
served with salad and summer mustard relish		
cold drinks from the fridge		
cold pressed juice		6
cold brew coffee		4
blended drinks		
fast forward		7
milo, frozen banana, cold brew coffee, milk		
bangers and mash		9
banana, avocado, oats, isa, and protein powder		

from the garden

Did you know we also run a market garden? All our organic waste from the café is composted and used to grow delicious, chemical free vegetables, herbs and salad leaves only 1.5km from where you sit now! It doesn't get much fresher than that.

growing at the moment

snow peas, sugar snaps, kohlrabi, herbs, lettuce, passionfruit, kale, silverbeet, edible flowers, sweet potato

please let us know if you have any dietary requirements.

while all care is taken we cannot guarantee anything prepared here will be free of traces of allergens.

v: vegan

vo: vegan option

gf: gluten free

gfo: gluten free option

coffee

milk espresso	3.5 / 4.5
pacemaker blend and steamed milk served however you like it (just ask!)	
black espresso	3.5 / 4.5
cherry picker blend, served with fizzy water	
filter coffee	4
additions	
decaf / lite	0
extra shot	0.5
bonsoy	1
sundry almond milk (when available)	1
byo milk	-0.5

teacraft tea

masala chai	4.5 / 7.5
spiced black tea brewed with milk	
chicory chai	5 / 8
spiced chicory and rooibos brewed with milk	
english breakfast	4 / 7
a classic blended tea, malty and full bodied	
russian caravan	4 / 7
lightly smoked black tea	
lo chu cha	4 / 7
a traditional chinese gunpowder green tea	
herbal tea from our garden	
digestive	4 / 7
mint, lemon verbena, fennel seeds	
heal	4 / 7
lemongrass, ginger, honey	
soothe	4 / 7
lemon balm, mint, lavender	
other hot drinks	
dandelion latte	4 / 5
roasted dandelion root, steamed milk	
golden milk	4 / 5
cold pressed turmeric and ginger, cinnamon, cardamom, black pepper, steamed milk	
hot chocolate	3.5 / 4.5
hot milo	3.5 / 4.5