

all day breakfast

yoghurt panna cotta	<i>gf</i>	13
with amy's granola, poached pear and rhubarb		
buckwheat griddle cakes	<i>gf</i>	15
with passionfruit and coconut curd, fresh banana, ginger and verbena syrup, molasses honeycomb		
eggs on toast	<i>gfo</i>	10
two free range eggs, tomato relish, sourdough toast		
eggs and soldiers	<i>gfo</i>	11
two free range soft boiled eggs, sourdough soldiers, hand churned pepe saya butter		
brekky burrito		13
scrambled eggs, black beans, salsa, fermented chili, cheddar		
brekky roll	<i>gfo</i>	12
fried free range egg, slaw, aioli, salsa verde		
the bowl	<i>gf, v</i>	15
tofu, avocado, kale, pumpkin, slaw, grains, legumes, sprouts, seeds, nuts, fresh and dried fruit		
scrambled tofu on sourdough	<i>gfo, v</i>	13
tofu, scrambled with turmeric, spices, kale, tamari, almonds		

additions

fermented chilli / aioli / relish		1
wilted greens / salsa verde	3	
avocado and lemon / tofu scramble		4
free range bacon / roast portobello mushroom		5

snacks

ricotta toast (per slice)	<i>gfo</i>	4
fresh ricotta, cinnamon, honey on sourdough		
smashed egg toast (per slice)	<i>gfo</i>	6
poached egg smashed with salsa verde		
avocado toast (per slice)	<i>gfo, v</i>	6
mashed avocado, fermented chili, lemon wedge		
pumpkin and miso jam (per slice)	<i>gfo</i>	6
with goats cheese, soy roasted pepitas and sesame		

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



lunch see the board for details

a bowl of soup	<i>gfo</i>	12
served with sourdough toast and hand churned, cultured butter		
roll of the day	<i>gfo</i>	15
served on a soy linseed roll with a side of pickle		
warm salad	<i>gf</i>	16
seasonal vegetables, grains, legumes, dressing		
organic lentil and spinach pie		16
served with salad and 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

butternut and kent pumpkins, cherry tomato, cucumber, herbs, lettuce, passionfruit, kale, silverbeet, chard, carrot, beetroot, edible flowers, sweet potato, green beans, eggplant, cauliflower

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 / 8
spiced black tea brewed with milk	
chicory chai	5 / 9
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