

BREAKFAST

From 7.00am - 10:30am

WELLNESS GRANOLA BOWL Coconut yoghurt, acai, banana, strawberry, blueberries, rooftop honey (V, GF*, DF)	20
SMASHED AVO Sourdough, feta, dill, lemon (V, GFO, DFO)	14
POACHED EGGS Avocado, garden herbs, lemon (V, GFO, DF)	20
CHILLI SCRAMBLE Rooftop chilli, sourdough (V, GFO)	20
BREAKFAST BURGER Bacon, fried egg, spinach, cheese, barbeque aioli	14
MEDICINAL MUSHROOM BOWL Sauted mushrooms, halloumi, spinach, poached egg, roast tomato (V, GF)	20

ADD

Bacon	4
Poached egg	3
Halloumi	4
Avo	4

LUNCH

From 11:30am - 2.00pm

VIETNAMESE CHICKEN SALAD Cucumber, cabbage, chilli, herbs, cashews, lime, coconut dressing (V, DF)	22
GRILLED FREE RANGE CHICKEN Lemon, fennel, steamed rice OR cucumber & iceberg salad (GF, DF*)	20
SPICED SALMON Cucumber, fennel and mint salad, pepperberry yoghurt, lemon (GF, DFO)	22
GRASS-FED RIB FILLET 220g - Little Joes, Chimichurri (GF, DF)	28
Add grilled greens	5
ROAST SWEET POTATO Baby broccoli, zucchini, romesco sauce, goats cheese, chilli oil (V, GF, DFO)	22

V – Vegetarian

GF – Gluten free

DF – Dairy free

GFO – Gluten free option

DFO – Dairy free option

ACAI

CUP OR BOWL – 14.90

HAWAIIAN

Acai, coconut yoghurt, passionfruit, granola, banana, strawberry, toasted coconut

TF-PROTEIN

Acai, almond butter, chocolate buckini, chocolate protein, salted caramel, banana, strawberry, coco nibs

TROPICANA

Acai, passionfruit, almond butter, buckinis, mango, blueberries, kiwi

THE OG

Acai, vanilla coconut chia, almond butter, buckinis, blueberries, raspberries, banana, hemp seeds

EXTRAS 1.5

Hemp seeds

Almond butter

Blueberries

Honey

Protein powder

Raspberries