

Breakfast

Haven Roll ... 12

(V, GFO)

Free-range egg, rocket, smokey tomato relish & aioli
with bacon 15

Big Breaky Roll ... 14.5

(GFO)

Bacon, 2 eggs, a hashbrown, melted cheese and sauce of choice

Bacon & Egg Roll ... 12

(GFO)

Bacon & free-range egg on a milk bun with sauce of choice

Sausage & Egg Roll ... 15

(GFO)

Seasoned Beef patty and free-range fried egg on a milk bun with aioli, smokey tomato relish & rocket

Sourdough Toast ... 7 (GFO)

Turkish Toast ... 7

Croissant ... 8

Golden buttered toast with choice of spread. Choose from:

peanut butter

vegemite

house-made strawberry jam

house-made mixed berry jam

house-made marmalade

Add half an avo +6

Toasties ... 12

(GFO, DFO)

Combine your favourite from ham, cheese and tomato

Signature Toasty ... 17 three cheese toasty with ham, tomato, spicy aioli & house-made pickles

Avo Toast ... 19.5

(V, GFO, DFO)

Smashed avocado topped with halloumi, thyme, cherry tomatoes & drizzled with hot honey
Add poached eggs +6

Granny Smith & Cinnamon Breakfast Bowl ... 13.5

(GF, V)

Creamy brown rice porridge with caramelised apple
add haven cloud cream & raspberry compote +5

Haven Big Breakfast ... 25

(GFO, DFO)

Free-range scrambled, poached or fried eggs, bacon, hashbrown, roasted cherry tomatoes & smokey tomato relish served with sourdough toast.

Eggs your way ... 12

(V, GFO, DFO)

Free-range scrambled, poached or fried on sourdough or turkish – add sides from below to make it your own.

Sides – to complete your perfect breakfast

Add an egg + 3

Bacon (2 rashers) +6

Half an Avo +5

Grilled Halloumi +6

Roasted cherry tomatoes +3

Hashbrown +3

Gluten free bread +2

Smokey tomato relish +2

Drinks

Coffee / Tea

Cap - FW - LB - Latte - Hot Choc

Small ... 5 Large ... 5.5

Mocha Small ... 5.5 Large ... 6.5

Matcha Latte ... 6.5 Large ... 7

Masala Chai ... 5.5 Fire Chai ... 6

Tea Craft Teas: English Breakfast, Earl Grey, Gunpowder Green, Peppermint, Chamomile

Cool by Tea Craft: Improve focus and de-stress at the same time

Ingredients: Tulsi, ashwagandha, spearmint, Siberian ginseng, lemon verbena, ginkgo, schisandra, astragalus, maca, liquorice, cinnamon, vervain.

Babycino ... 1 or free in a keep cup

Syrups: caramel, vanilla, hazelnut
+ 0.5

Extra shot, alternative milks
+ 0.5

Iced

Iced Latte / LB ... 6.5

Haven Iced Cloud Latte ... 7.5

Iced Matcha ... 8

Cloud Matcha ... 9

Iced Raspberry Matcha ... 9
with Haven Cloud ... 10

Refresher ... 10.5

Pineapple & Mint Frappe

Smoothies

Banana ... 9.5

with milk, honey, cinnamon and yoghurt

Mixed Berry ... 10

with milk, honey and yoghurt

Mango ... 10

with milk, honey and yoghurt

alternative milks ... +1

Add protein ... +2

Juices

Pick me up ... 10.5

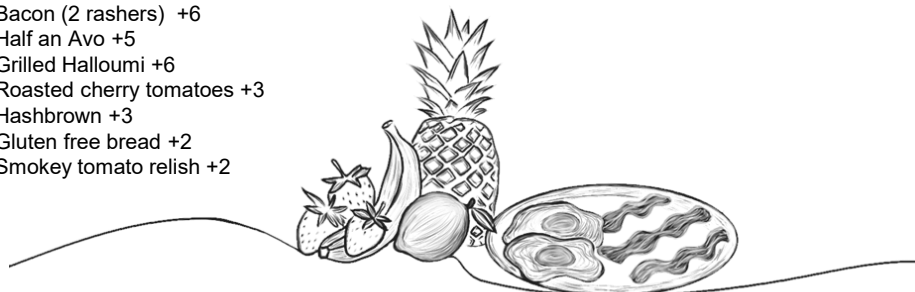
apple, orange and pineapple

Healthy start ... 10.5

Carrot, apple, orange and celery

Immunity Boost ... 10.5

Orange, lemon, carrot & ginger



Lunch – from 11



Poke Bowls

Grilled chicken breast ... 19 (GF)
Marinated Tofu ... 19 (V, GF, VGO)
Smoked Salmon ... 25 (GF)

served on a bed of warm brown rice, sweet corn, avocado, cucumber, capsicum, carrot, cabbage, mixed leaves and pickled ginger. Topped with toasted sesame seeds, crispy shallots and house-made sesame dressing.

The OG Roast ... 19 (GF, DF)

Golden free range Roast Chicken, seasonal roast veg & potatoes, seasonal greens and house made gravy

Lunch Bar

(GFO, DFO, V options)

See the display for today's delicacies

Daily Salads

(GFO, DFO, V options)

See the cabinet for today's salad selection.

Small...9.5 Medium...13.5 Large... 17

Add grilled chicken, halloumi or tofu to make it a filling meal

Grilled Chicken breast +6
Grilled Halloumi ... +6
Marinated Tofu +4

Sandwiches

(GFO, DFO, V options)

See the cabinet for today's sandwiches & toasties.

Burgers (GFO, DFO)

Add chips to any burger for +\$5

Cheeseburger ... 15

Grass fed grilled beef, melted cheese, tangy pickles & sauce of choice

Classic Burger ... 16

Grass fed grilled beef, melted cheese, tomato, lettuce, onion, & sauce of choice

Haven Burger ... 18

Grass fed grilled beef, mustard, pickles, cheese, lettuce, tomato, smokey relish & aioli

Aussie Burger ... 21

Grass fed grilled beef, bacon, beetroot, pineapple, cheese, tomato, lettuce, onion and sauce of choice

Chicken Burger ... 17

Free-ranged grilled chicken breast, avocado, tomato, lettuce & chili mayo

Vegetarian Burger ... 17

Haloumi, avocado, hot honey, tomato & lettuce

Just say the word to add:

Beef patty ... 6	House Pickles ... 1
Chicken breast ... 6	Aioli ... 1
Fried egg ... 3	Spicy mayo ... 1
Bacon ... 3	House relish ... 1
Avocado ... 3	GF Bun ... 2.5
Cheese ... 1	Mustard
Tomato ... 1	Tomato sauce
Lettuce ... 1	BBQ sauce

Chicken and chips (GF, DF)

Free-range chickens marinated in rosemary, lemon, thyme and garlic then roasted to golden perfection

¼ chicken & chips ... 14 & salad +5

½ chicken & chips ... 20 & salad +5

Chicken Only

¼ chicken...9 ½ chicken...15.5 Whole Chicken...27.5

Hot Chips (GF, DF, V)

Small bowl ... 8 Large bowl ... 12

Sweet Potato Fries (GF, DF, V)

Small bowl ... 10 Large bowl ... 14

add aioli or spicy mayo +1.5

Kids

I'm not hungry: 1 egg & 1 toast ... 6.5

I don't care: cheese toasty with cucumber and cherry tomato on the side ... 8

I don't know: kids bowl from the lunch bar ... 12

Kids Burger ... 15

Grilled beef or chicken, cheese & sauce of choice and chips

Allergen statement: we take the greatest care to cater to special dietary requirements, but cross contamination is still a possibility.
GF – gluten free
GFO – can be made gluten free on request
V – Vegetarian
VG – Vegan
DF – doesn't contain dairy
DFO – can be made dairy free on request

