



# Breakfast (ALL DAY)

## Granola Bowl (GFO)

Signature toasted granola served with luscious, saffron-poached pear and creamy, almond-soaked chia. Coconut, superfood seeds, seasonal fruits & probiotic vanilla coconut yoghurt.

17

## Tofu Scramble Breakfast Bagel

Dill and turmeric scrambled tofu on a lightly-toasted, seeded bagel with hummus puree. Fresh spinach, tomato chutney.

18

## Smashed Avocado & Balsamic-Glazed Tomato (GFO)

Avocado, freshly-smashed and lightly seasoned with our secret herbs and spices. Balsamic-glazed cherry tomatoes, superfood seeds, toasted sourdough.

18

## Nutella Pancake (GF)

House-made nutella sauce poured over 3 layers of fluffy vanilla buckwheat pancakes. Finished with organic coconut ice-cream with seasonal fruits, peanuts, granola & more nutella sauce goodness.

21

## Zucchini & Corn Fritter Stack (GF)

Stack of low-fat baked, corn and zucchini fritters served with tomato relish, smashed avocado and a lightly-dressed petite salad.

19

## Buddha Bowl (GF)

Roast sweet potatoes and superfood beans, with beetroot, seasonal greens on a base of herbed inari brown rice and quinoa pockets. Miso butter sauce, edamame.

18.50

## Dukka Mushroom Medley (GFO)

Pan-seared medley of fresh mushrooms, tossed with dukkah and capers served on toasted sourdough. Hummus puree, creamy cashew & balsamic reduction.

19

## Chickpea & Spring Peas Omelette (GF)

Pan-fried and folded chickpea omelette with caramelised onion, spring peas and mozzarella. Fresh seasonal lettuce, pesto mayo.

17

## Big Brekkie (GFO)

2 pieces toasted sourdough bread with cream cheese spread, creamy cashew sauce, beetroot humus & smashed avo. Filled with freshly seasoned kale, spinach & roasted pinenuts. Topped off with balsamic-glazed cherry tomato & crunchy enoki mushroom.

26

This dish also includes house-made, turmeric roti bread, pumpkin curry, sweet & sour sausages, aloo bonda (seasoned potato balls), Bhajia (spinach balls), butter chi-kin sauce, beetroot hummus, raita sauce (coconut yoghurt in veggies), tamarin sauce & caramelised onions.

## Acai Bowl - Exotic Tim Tam (GFO) 21

Organic Amazonia Acai blended with bananas & coconut water. Topping super nutritious granola made by Christina Laker (ex-master chef contestant) fresh seasonal fruits, peanuts. Finished with grated coconut flakes & New Zealand's finest Whittaker's dark chocolate sauce + raw tim tam!

## Açai Bowl - Dragon Fruit Goodness (GFO) 21

Pure organic Amazonia Açai blended with bananas & coconut milk. Topping super nutritious granola made by Christina Laker (ex-master chef contestant), fresh seasonal fruits, Complete with raw lemon pistachio slice Drizzled with blue magic & finished with shredded coconut flakes!