



lunch

(FROM 11:30)

The V Mac Burger

Grilled veef (21g protein) and melted cheddar, cos lettuce & pickled gherkin. Featuring our house-made mac sauce. With complimentary small chips & smokey barbecue sauce.

18

Chi-kin Burger (GFO)

Grilled Chi-ken patty, house-made slaw, pickled gherkin and melted cheddar. Home-made chipotle sauce. With complimentary small chips & smokey barbecue sauce.

17

Sweet Potato Lentil Burger NEW

Delicious lentil garden patty with, Spinach, Rocket leaves, Cos lettuce, Beetroot, Tomatoes, Smashed avo, Crunchy sweet potatoes, Peanut butter sauce, Mayonnaise, Cream cheese, Cheddar cheese on a sweet potato bun. Comes with side of sweet potato fries, chipotle & sweet chilli sauce!

19

Herbed Pesto Pasta with Semi-Dried Tomato (GF)

Semi-dried tomatoes, spinach, pine nuts and grated cheese tossed through our delicious basil-pesto pasta.

18

Spiced Buffalo Cauliflower Wings Basket (GF)

Home-made buffalo-style, spicy cauliflower 'wings' served with our double-trouble sauces and aged pickles. Freshly cooked and served in a basket.

16

Smoothies

(ALL DAY)

Snickers Protein Smoothie (GFO)

12

Bananas, peanut butter, coconut water, gentle fibre, cacao, medjool date, vanilla extract, Amazonia protein powder. Topped with peanuts.

Galaxy Protein Smoothie (GF)

12

Bananas, blueberries, almond milk, almond butter, Amazonia protein powder, chia seeds, almond meal & blue spirulina topped with coconut shreds.

Green Detox Smoothie (GF)

12

Bananas, mango, spinach, kale, green spirulina, macca powder, lemon juice, coconut water

Blueberry Chia Smoothie (GF)

12

Bananas, blueberries, blue spirulina, chia seeds, coconut cream, rice malt, vanilla bean paste & coconut water. Topped with coconut shreds & blueberries.

Tropical Turmeric Smoothie (GF)

12

Bananas, Kiso's turmeric latte mix, mango coconut milk. Topped with coconut shreds.

Byron Bay Espresso Smoothie (GF)

12

Bananas, single shot Byron bay organic espresso, almond meal, bonsoy, hemp seed, medjool date, cacao & dark choc powder, Topped with cacao nibs, coconut shreds & dust of dark choc powder.

Chocolate Mint Smoothie (GF)

12

Bananas, mint, spinach, chocolate sauce, coconut water, raw cashews, medjool date & doterra peppermint oil. Topped with fresh mint leave & cacao nibs.

Dragon Fruit Smoothie (GF)

12

Bananas, dragon fruit & coconut milk. Topped with goji berries, coconut shreds.

Breakfast Smoothie (GFO)

12

Bananas, sunflower seeds, tahini, medjool date & bonsoy. Topped with granola mix.