

ALL-DAY BREAKFAST

NEW ALMOND PORRIDGE POT M N GLU	5.50
rolled oats, almond nut butter, dates, full cream yoghurt, milk, honey, cinnamon	
NEW PLANT PORRIDGE POT N GLU V	5.50
rolled oats, almond nut butter, dates, oat milk, banana, cinnamon	
POWER OATS M N GLU	6.25
oats, toasted almonds, banana, chia seeds, goji berries, milk, honey	
NEW BLUEBERRY PROTEIN OATS POT M N GLU	6.00
rolled oats, blueberries, whey protein, dates, vanilla, milk, honey, almonds, chia & hemp seeds	
NEW BLUEBERRY PLANT PROTEIN OATS POT N GLU V	6.00
rolled oats, blueberries, plant protein, dates, vanilla, oat milk, honey, almonds, chia & hemp seeds	
NEW PEANUT BUTTER OVERNIGHT OATS M P GLU	6.25
overnight oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	
NEW NUT BERRY POT M N	6.50
full cream yoghurt, blueberries, strawberries, hemp seeds, almond macadamia butter, honey, mint	
SLICED AVO TOAST GLU V	7.00
sliced avo, chilli, hemp seeds, toasted sourdough	
SCRAMBLED EGGS & TOAST E M GLU	8.00
free range eggs, toasted sourdough, butter	
THE ULTIMATE TOAST E M GLU	8.00
free range scrambled eggs, zucchini, baby spinach, avo, crispy onions, sriracha	
SUNRISE UNWRAPPED E M GLU V	8.50
free range scrambled eggs, butter, white cheddar, sautéed rosa tomatoes, baby spinach, salsa	
SUNRISE WRAP E M GLU	8.50
free range scrambled eggs, butter, white cheddar, sautéed rosa tomatoes, baby spinach, salsa, wholewheat wrap	

WRAPS

Served on a wholewheat wrap (contains gluten)

SALSA QUESADILLA M GLU	7.00
white cheddar, red pepper, jalapeno, spring onion, coriander, salsa	
HARVEST WRAP E M CE MU GLU	7.50
feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil dressing	
AVO FALAFEL WRAP N GLU SU V	10.50
chickpea falafel, avo, red pepper, cabbage, cucumber, gherkins, rocket, vegan nut butter dressing	
SRIRACHA CHICKEN WRAP E SO GLU	10.00
chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo	
NEW CAJUN CHICKEN QUESADILLA CE M GLU	10.00
cajun chicken, white cheddar, jalapeno, spring onion, coriander, salsa	
NEW BBQ CHICKEN WRAP CE E GLU	10.00
chicken, BBQ sauce, carrot, cabbage, celery, greens, crispy onions, celery & onion mayo	
NEW SPICY CHICKEN BURRITO WRAP M GLU	10.50
chicken, jalapeno & chipotle chilli, red pepper, cream cheese, rocket, carrot, coriander, spring onion, salsa	
PRINCESS WRAP CE E GLU M	11.00
chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	
CAESAR WRAP E M SO GLU	11.50
chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing	
NEW SALMON WRAP E F GLU CE MU	12.00
smoked salmon, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil vinaigrette	
NEW INDIE BUTTA CHICKEN WRAP M GLU	12.50
chicken, butta curry sauce, roasted cauliflower, roasted butternut, baby spinach, carrot pickle, salsa	

BURGERS

THE NORMAL BURGER E M MU GLU SO SU	11.00
grass-fed beef patty, bun, tomato, greens, gherkins, free range egg mustard mayo	
THE NORMAL CHEESE BURGER E M MU GLU SO SU	12.00
grass-fed beef patty, bun, tomato, greens, gherkins, white cheddar, free range egg mustard mayo	
THE NORMAL MEXI BURGER E M MU GLU SO	13.00
grass-fed beef patty, bun, tomato, greens, chipotle, avocado, jalapeno, coriander, spring onion, free range egg mustard mayo	
THE NO BULL BURGER MU GLU SO SU	11.00
meatless farm plant-based patty, bun, tomato, greens, gherkins, vegan BBQ mayo	
THE NO BULL AVO BURGER MU GLU SO SU	12.00
meatless farm plant-based patty, bun, tomato, avo, red onion pickle, rocket, vegan BBQ mayo	

NUTRI KNOW-HOW GF GLUTEN-FREE LC LOW CARB <30g carb per serving V VEGAN

WARM MEALS

SPICED BUTTERNUT & LENTIL SOUP GLU V	5.00
spiced butternut & lentil soup, zucchini, roasted cauliflower, crispy onions, coriander ADD SOURDOUGH +1.00	
TERIYAKI CHICKEN POKE BOWL S SO GLU	12.75
teriyaki chicken, brown rice & quinoa, avo, pineapple, cabbage, carrot, cucumber, radish, sesame, crispy onions, miso dressing	
NEW SALMON POKE BOWL F MU S SO GLU	13.00
smoked salmon, brown rice & quinoa, avo, pineapple, cabbage, carrot, cucumber, radish, sesame, crispy onions, wasabi mayo, miso dressing, coriander	
NEW BUTTA CHICKEN M	13.00
chicken & butternut curry, brown rice & quinoa, roasted cauliflower, baby spinach, curried sunflower seeds, carrot pickle	

SALADS

SUPERFOOD SALAD MU N V GF LC	9.00
avo, broccoli, cashews, red pepper, rosa tomatoes, carrot, cucumber, chia seeds, greens, lemon olive oil dressing	
AVO FALAFEL SALAD N V	10.50
chickpea falafel, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	
SRIRACHA CHICKEN SALAD E SO GLU	10.00
chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo	
CAESAR SALAD E M SO GLU	11.50
chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing	

REGULAR 350ML
LARGE 500ML

SMOOTHIES

	REGULAR	LARGE
STRAWBERRY STINGER M	5.50	6.00
strawberries, banana, frozen yoghurt, pressed apple juice		
G-BREEZE V	5.50	6.00
mango, strawberries, pineapple, pressed apple juice, vitamin C (500mg), dates		
NEW BERRY DAIRY M	5.50	6.00
blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk		
PEANUT BUTTER BERRY P N V	6.00	6.50
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water		
NEW DIRTY CHAI M	6.00	6.50
espresso, frozen yoghurt, honey, chai spice, coconut milk		
PEANUT BUTTER BLISS M P	6.50	7.00
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk		

PROTEIN SMOOTHIES

PLANT PEANUT BUTTER BOMB P GLU V	7.50	8.50
plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk		
PEANUT BUTTER BOMB M P	7.50	8.50
grass-fed whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk		
MOCHA PROTEIN M	8.00	9.00
grass-fed whey protein, espresso, frozen yoghurt, coconut milk, cacao, milk		

SUPERFOOD SMOOTHIES

ALL THE GREENS CE V	6.50	7.00
mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds		
NEW GOLDEN MILK M	7.50	8.00
mango, pineapple, yoghurt, coconut milk, turmeric, citrus spiced honey, lemon, ginger		
NEW TROPICAL GREENS CE	7.50	8.00
mango, pineapple, celery, cucumber, baby spinach, ginger, pressed apple juice		

ALLERGENS

Our kitchen uses ingredients containing the following allergens: cereals with gluten, celery, eggs, fish, crustaceans, molluscs, milk, mustard, peanuts, nuts, sesame, sulphur dioxide and lupin which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with these allergens.

USE THESE ICONS TO HELP YOU CHOOSE MEAL ITEMS THAT FIT YOUR ALLERGEN REQUIREMENTS	GLU CEREALS WITH GLUTEN	E EGG	P PEANUTS	N TREE NUTS	M MILK	SO SOYA	SU SULPHUR DIOXIDE
	CR CRUSTACEANS	MO MOLLUSCS	CE CELERY & CELERIAC	MU MUSTARD	S SESAME	F FISH	LS LUPIN SEEDS & FLOUR

NON-DAIRY ALTERNATIVES AVAILABLE

HOT & ICED DRINKS

	REGULAR	LARGE
DOUBLE ESPRESSO	2.75	
NEW MACCHIATO M	3.75	
CORTADO M	3.00	
AMERICANO	3.50	4.00
FLAT WHITE M	3.75	
LATTE M	3.75	4.25
CUPPUCCINO M	3.75	4.25
HOT CHOCOLATE M	3.75	
NEW CHAI LATTE M	3.75	4.25
NEW DIRTY CHAI LATTE M	3.75	4.25
TEA	2.50	
green, mint, yorkshire		
ICED AMERICANO M	4.25	4.75
espresso, honey, purified water, ice, milk		
ICED CAPPUCCINO M	4.25	4.75
espresso, honey, ice, milk, milk foam		

OUR KIDS MENU

★ SUGAR-SMART

★ KIDDIES PORTIONS

★ IT'S ALL ABOUT THE INGREDIENTS

HEALTHY, FRESH, FUN FOOD



ALL-DAY BREAKFAST

PEANUT BUTTER BANANA POT M P N GF	5.25
full cream yoghurt, sugar-free peanut butter, banana, roasted almonds, honey	
LITTLE SCRAMBLED EGGS ON TOAST E M GLU	5.75
free range scrambled eggs, toasted sourdough bread	
PEANUT BUTTER BANANA TOAST P GLU	5.75
sugar-free peanut butter, banana, honey, cinnamon, toasted sourdough	

WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)

CHEESY EGG WRAP E M GLU	5.25
free range scrambled eggs, white cheddar	
CHEESY CHICKEN WRAP CE E M GLU	7.25
chicken, white cheddar, celery & onion mayo	
LITTLE CHICKEN & AVO WRAP CE E GLU	7.75
chicken, avo, rosa tomatoes, carrot, greens, celery & onion mayo	

250ml

SMOOTHIES

STRAWBERRY STINGER M	4.75
strawberries, banana, frozen yoghurt, pressed apple juice	
G-BREEZE V	4.75
mango, strawberries, pineapple, vitamin C (500mg), pressed apple juice, dates	
PEANUT BUTTER BERRY P N V	5.25
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	
PEANUT BUTTER BLISS M P	5.75
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	