

# BREAKFAST

**COCONUT PORRIDGE** organic quinoa, buckwheat & brown rice, strawberry & banana, toasted seeds & nuts, coconut & Canadian maple - \$14  
GF / DF / V / P

**ACAI BOWL** organic CoYo chocolate yoghurt, house maple cacao buckinis, fresh fruit, cacao nibs & acai dust - \$14  
GF / DF / V / P / NF

**AVOCADO** organic sourdough, beetroot cashew cheese, baby green & purple kale, beetroot leaves, tomato, radish & furikake seasoning - \$14  
Extras : bacon / eggs - \$5  
Upgrade: sourdough to organic sprouted grain & seed gf / paleo bread - \$2  
DF / V / NF

**BACON & EGG ROLL** two fried eggs, crispy bacon, spinach, 'kaioli', wife made chutney, toasted milk bun - \$14  
Extras : avocado / halloumi - \$5 Upgrade : Gluten free roll - \$2

**MUSHROOMS** poached eggs on baby kale & spinach leaves, Meredith goats cheese, dehydrated porcini mushroom & hazelnut dust, truffle oil on toasted sourdough - \$18  
Extras : bacon / halloumi - \$5  
Upgrade : sourdough to organic sprouted grain & seed gf / paleo bread - \$2

**CRISPY POTATO HASH** free range Gooralie thick cut streaky bacon, poached eggs, water cress & mustard hollandaise - \$20  
Extras : haloumi / avocado - \$5

**CAVEMAN BOWL** dukkah roasted pumpkin, house ferments, eggplant hummus, avocado, mung beans, red quinoa, sumac CoYo yogurt, organic sprouted grain & seed gf / paleo bread & poached egg - \$19  
Extras : bacon / mushroom / halloumi - \$5  
GF / DF / V / P / NF

**CORN CHAR** fresh herbs, poached eggs, avocado, merdith goats cheese on toasted organic sourdough - \$18  
Extras : bacon - \$5  
Upgrade : sourdough to organic sprouted grain & seed gf / paleo bread - \$2  
V / NF

**HOTCAKES** gluten free ricotta hotcake, fresh fruit, toasted seeds & nuts, Canadian maple & mascarpone - \$20  
Our Hotcakes are baked to order, it takes a couple of extra minutes, worth the wait! Extras : bacon - \$5 GF / V

**ZUCCHINI HALLOUMI FRITTERS** poached egg, nest of cauliflower rice, kale, seeds & nuts, chilli & fresh herbs - \$18  
Extras : avocado / dukkah roasted pumpkin / bacon - \$5  
GF / V

**BREAKFAST CHAR** crispy bacon or mushroom, avocado, fresh tomatos, Meredith goats cheese, poached eggs, wife made chutney & toasted organic sourdough - \$22  
Extras : halloumi - \$5 Upgrade : organic sprouted grain & seed gf / paleo bread - \$2

**SIDES** Sweet potato fries with 'kailoi' Murray River salt - \$7  
Crispy potato & green onion hash - \$8  
Zucchini haloumi fritters (serve of 4) - \$10  
Gluten Free / Dairy Free / Nut Free / Vegetarian / Paleo

# BACKGROUND (BARISTA)

## COFFEE

White \$3.5 / \$4 / \$4.5  
Black \$3.5 / \$4 / \$4.5

BonSoy / Almond / Organic Coconut /  
Lactose Free \$1

Vanilla / Caramel / Chocolate /  
Chai / Extra Shot 0.5

## FILTER

( Specialty grade filter roast )

Batch Brew \$5  
Aero Press \$7  
Cold Brew \$5

## SPECIAL

Iced Latte / Chocolate / Mocha \$5  
Tumeric Latte \$5  
Beetroot Latte \$5  
Sticky Masala Chai Tea \$6  
Venezuelan Hot Chocolate \$3.5 / \$4.5  
Kids Shake \$5  
( Raspberries or Venezuelan Chocolate  
+ honey blended with milk & ice )

## TEA - LEAF

English Breakfast ( black ) \$5  
Peppermint ( herbal ) \$5  
Honeydew Green ( green ) \$5  
Lemongrass Ginger ( herbal ) \$5

## COLD PRESS JUICE

Orange + pineapple / lemon / turmeric-\$8

Beetroot + cumcumber / apple / lime / ginger -\$8

Watermelon + apple / pear / rhubarb / lime -\$8

## SMOOTHIES

( 100% Plant Base )

Green : kale / spinach / banana / coYo yogurt  
+ organic chlorophyll, spirulina, matcha & kelp  
GF / DF / V / P / NF

Acai : acai / raspberries / banana / CoYo yogurt  
+ organic camu camu, goji berry, cranberry  
GF / DF / V / P / NF

Double banana protein : bananas /  
CoYo yogurt / honey / cinnamon  
+ organic sprouted & fermented golden  
pea protein, camu camu GF / DF / V / NF

Choc peanut protein : banana / CoYo  
yoghurt / peanut butter / cacao / himalayan salt  
+ organic sprouted & fermented golden  
pea protein, camu camu GF / DF / V

## BOTTLED DRINKS

Tumeric & Ginger Kombucha \$6  
Coconut Water \$4



background\_barista

barefoot\_barista

borough\_barista