

# LUNCH

**ANTIOXIDANT SALAD** fresh pomegranate, goji berries, black rice, house fermented reds, baby purple kale, target beets, beetroot cashew cheese, purple sweet potato crisps & sumac salt - \$16 GF / DF / V / P / NF  
Extras : Chargrilled free range chicken breast- \$6 avocado - \$5

**LAMB SALAD** 12 hour slow cooked lamb shoulder, fresh pomegranate, smoked eggplant hummus, sweet grape tomatoes, raw cauliflower rice with local baby kale leaves - \$20 GF / DF / NF  
Extras : avocado / halloumi - \$5

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

**BACKGROUND RIB-WICH** slow cooked Cape Grimm beef short rib, free range Gooralie thick cut streaky bacon, red back cheddar, juicy tomato, Tyalgum greens, pickled red onions, wife made chutney on a toasted milk bun - \$18

**BEEF BURGER** hand pressed 100% certified organic grass fed beef, Balter XPA battered onion rings, house pickled onion, juicy tomato slices, Tyalgum greens, wife made chutney, mustard on our toasted milk bun - \$18  
Extras : bacon / avocado / mushroom - \$5 upgrade gluten free roll - \$2

**CHICKEN BURGER** marinated chargrilled free range chicken breast, house pickled onions, shaved cucumber, tomato, Tyalgum greens, chargrilled pineapple butter on our toasted milk bun -\$16  
Extras : upgrade gluten free roll -\$2 bacon -\$5

**VEGETARIAN BURGER** house beetroot & quinoa patty, grilled haloumi, avocado, spinach, horseradish aioli on our toasted milk bun - \$16 Extras : upgrade gluten free roll -\$2 V / NF

**LOADED VEGAN FRIES** sweet potato fries with raw kale, broccoli & cauliflower rice & char grilled corn salsa, avocado & sriracha cashew cheese -\$16 GF / DF / V / P / NF  
Extras : halloumi / mushroom - \$5

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

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

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

**SIDES** Sweet potato fries with 'kalioi' 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  
Affogato - 2 shots + Heven-Yeh Gelato \$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 + cucumber / 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

ACaï : 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