

HOUSE BLEND COLD DRINKS

SMOOTHIES – \$10

COCOA NUTTY BANANA

Banana, cacao, almond milk, cashews

BLUEBERRY BLISS

Blueberries, cashews, almond milk,
acai berries, vegan vanilla protein powder

ADD VANILLA OR CHOC PROTEIN – \$2

SUPER SMOOTHIES – \$10

A choice of milk (soy, almond, coconut) or coconut
water

SUPER GREEN

Australian grown chlorella, vanilla protein, spirulina,
barley grass, wheat grass, avocado & almonds

PALEO-LICIOUS

Paleo protein, black sesame tahini,
apple, date, coconut flakes, chia seeds

FRESH JUICES – \$10

FLU FIGHTER

Orange, carrot, ginger, turmeric

MEAN GREEN

Apple, cucumber, celery, spinach, mint

ENERGISER

Beetroot, watermelon, orange, carrot

SAN PELLEGRINO – \$5

Sparkling Water 500ml

JIVA KOMBUCHA – \$7

Watermelon, pineapple, ginger or original

CARTON & CO WATER – \$3

BEVERAGES – GLS/BTL

SPARKLING WINE

NV Viticoltore Ponte Prosecco DOC, Veneto, Italy –
11/55

WHITE WINE

2018 Scorpius Sauvignon Blanc, Marlborough, NZ – 9/45

2018 Flametree Pinot Grigio, Frankland River, WA – 10/49

2018 Margan Chardonnay, Hunter Valley, NSW – 10/50

ROSÉ

2019 Nova Vita 'Saignee' Rosé, Adelaide Hills, SA – 10/50

RED WINE

2018 Ingram Road Pinot Noir, Yarra Valley, VIC – 10/50

2018 Tellurian Shiraz, Heathcote, VIC – 11/55

BEERS, SIDERS, SPIRITS – \$9.5

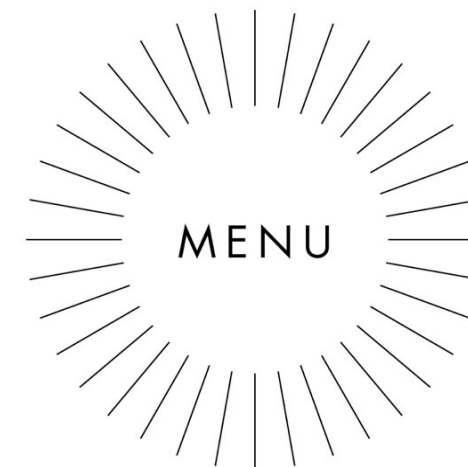
Young Henry's Cloudy Cider

Young Henry's Natural Lager

Young Henry's Newtowner

Blind Tiger Organic Gin & Tonic

Lime Small Mouth Organic Vodka & Soda, Lemon



BREAKFAST

TOAST & CHIA JAM – \$6
Wholemeal sourdough, seeded sourdough
& charcoal gluten free bread.
GF, DF, V

BERRY SMOOTHIE ACAI BOWL – \$17
Kombucha chia, granola. GF, DF, V

RAW MUESLI – \$17
Bondi yoghurt, mango. GF, VEG

SWEET POTATO PANCAKES – \$17
Orange, passionfruit, coyo strawberry. GF, DF, V

ZUCCHINI FRITTERS – \$18
Avocado, cucumber, herbs. NF

AVOCADO ON TOAST – \$18
Grilled halloumi, herbs, dressing. NF, VEG

GREEN BOWL – \$19
Farm greens, quinoa, spiced chermoula, poached egg.
GF, DF, NF, VEG

FARM FRESH OMELETTE – \$19
Kale, broccoli, goats' cheese. VEG

FREE RANGE FARM EGGS – \$14
Scrambled or poached, toast. DF, NF, VEG

BLT & EGG ROLL – \$14
Oatmeal milk roll. DF, NF

ADD ONS – \$4
Avocado
Smoked salmon
Egg x2
Nut butter
Bacon
Halloumi

LUNCH

PROTEINS

SMOKED OCEAN TROUT – \$24
Herb yoghurt (includes a choice of salad). GF

ROAST SALMON – \$24
Chickpea puree, za' a tar
(includes a choice of salad). GF

GRILLED CHICKEN BREAST – \$24
Coconut satay (includes a choice of salad). GF

WELLNESS PLATE – \$22
Seeded crackers, smoked salmon, avocado. GF

SALADS

BROCCOLI WITH ALMONDS – \$18
Lemon & chili. GF, DF, V

FENNEL & CABBAGE – \$18
Herbs, seeds & sesame. GF, DF, V

MOROCCAN CAULIFLOWER – \$18
Turmeric, cumin. GF, DF, V

MIXED BEAN SALAD – \$18
Cucumber, barley & spinach. DF, V

SALAD OF THE DAY – \$18

COFFEE – \$4 Reg \$4.5 Lg

The Wood Roaster artisan speciality coffee is one of the most uniquely recognisable Specialty Coffee Roasters in NSW. Full bodied roasts created using strict environmental and sustainable practices, deliver coffees of unparalleled flavour.

SOY/ALMOND/COCONUT/EXTRA SHOT – 0.50c

HOT CHOCOLATE

BREWED ORGANIC STICKY CHAI

SUPER LATTE – \$4 Reg \$4.5 Lg

MERMAID LATTE Stress Relief / Energise

VELVET LATTE Detox / Energise

MACA MOCHA Hormone balancer

MATCHA LATTE Calming

RABBIT HOLE TEAS – Pot \$5.0

BREAKFAST BLEND Classic EBT

STRAWBERRY SKINNY Mulberry, strawberry

DRAGON WELL Roasted green tea

REFRESH A MINT Peppermint, pineapple

GINGER SNAP Ginger, cinnamon, honeybush

GREY RABBIT Earl Grey, bergamot, calendula