

# GRIND

BREAKFAST SERVED EVERY DAY UNTIL 2.

Toasted sourdough, jam <sup>V</sup>	3.-
Ham, cheese, chilli jam toastie	3. <sup>50</sup>
Porridge, coconut milk, berries <sup>VG, GF</sup>	5.-
Seeds, yoghurt, goji berries, honey <sup>V</sup>	4. <sup>50</sup>
Toasted bagel, smoked salmon, cream cheese	5.-

SMASHED	Smashed avocado, poached eggs, chilli on toast <sup>V</sup>	8. <sup>50</sup>	AVOCADO
	add Prosciutto cotto	2.-	
	Feta cheese <sup>V</sup>	2.-	
	Beetroot - cured salmon	4.-	

Poached or scrambled eggs on sourdough <sup>V</sup>	5. <sup>50</sup>
Raw breakfast salad, avocado, soft boiled egg <sup>V, GF</sup>	8.-
Smoked salmon and eggs, scrambled or poached on toasted sourdough	10.-

## SMOOTHIES

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Green	5.-
Spinach, banana, almond milk, coffee, cocoa nibs	
Amber	5.-
Mango, natural yogurt, vanilla, agave, almond milk	
Red	5.-
Berries, prunes, avocado, coconut, almond milk	
Add Protein	1.-

Please alert us to any allergies before ordering.

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WiFi: Grind | After 6pm we swap laptops for cocktails.

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## COFFEE

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Espresso, Ristretto, Short Black	2. <sup>30</sup>
Long Black, Filter	2. <sup>50</sup>   2. <sup>60</sup>
Macchiato, Piccolo	2. <sup>50</sup>   2. <sup>60</sup>
Flat White, Latte, Cappuccino	3.-   3. <sup>30</sup>
Hot Chocolate	3.-   3. <sup>30</sup>
Mocha	3. <sup>10</sup>   3. <sup>40</sup>
Matcha, Beetroot, Turmeric Latte	3.-
Iced Filter	3.-
Iced Coffee	3. <sup>30</sup>
Sandows Cold Brew	3. <sup>95</sup>
Baileys Iced Coffee	8. <sup>50</sup>
Iced Tea	2. <sup>75</sup>
Pot of Tea	2. <sup>75</sup>
Breakfast, Earl Grey, Green, Jasmine, Lemongrass & Ginger, Fresh Mint	
	soya, almond, oat, decaf, extra shot . <sup>50</sup>

## JUICES

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Green	4. <sup>75</sup>
Spinach, broccoli, cucumber, apple, lime	
Amber	4. <sup>75</sup>
Orange, carrot, ginger, lemon	
Red	4. <sup>75</sup>
Banana, berries, beetroot, apple	
Orange Juice	3. <sup>50</sup>

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