

TAKE AWAY MENU

Drinks

COFFEE 3.50 / 4

ICED COFFEE 5

FILTERED COFFEE 7

SPECIALTY ORGANIC TEA 4

FRESH JUICES 7

Orange

Tropical - Watermelon, pineapple, passionfruit

Green juice - -Kale, spinach, celery, apple

SHAKES & SMOOTHIES 7.5

Nutella shake

Classic banana

Lychee & mint

CHILLED DRINKS

Soft drinks 3

Water still 3 / Sparkling 5

COFFEE COMBOS

ANY REGULAR COFFEE WITH MUFFIN / CROISSANT / CHOCOLATE CROISSANT 7.50

ANY REGULAR COFFEE WITH SOURDOUGH TOAST / H.C.T CROISSANT / DANISH / CAKE / TART 9.50

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ALL DAY BREKKIE

BANANA BREAD 7 (+ *Espresso butter 1*)

**MUFFINS, CHOCOLATE CROISSANTS,
CROISSANTS & DANISH 5**

CAKES & TARTS 7

“THE GROUNDS” SOURDOUGH TOAST 7

Homemade jam, Vegemite, Peanut butter, Nutella
(*add avocado + 3*)

HAM, CHEESE & TOMATO CROISSANT 9.5

ACAI BOWL 14

Acai, banana, strawberries, blueberries, shredded coconut,
chia seeds, almonds & house baked granola
(*gluten free available*)

BREKKIE BURGER 14

Crispy bacon, fried egg, rocket and Jack cheese, with house
made bbq sauce and garlic aioli on a sesame seed milk bun

3 CHEESE TRUFFLE TOASTIE 12

Black truffle pate, provolone, jarslberg, cheddar

CLASSIC BURGERS

BARRAMUNDI BURGER 17

Crumbed barramundi schnitzel, red cabbage slaw, tartare sauce, cheddar, sriracha on a sesame seed milk bun
served with fries

CHEESE BURGER 18

Grilled grass-fed beef served medium rare, caramelised onions, butter lettuce, tomato, Swiss cheese, pickles with
special sauce on a sesame seed milk bun served with fries (*add bacon + 2*)

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HEALTHY BOWLS 14

FIRST, CHOOSE YOUR BOWL

- THE VEGAN BOWL** - House made falafel, quinoa, avocado, truss tomato, baby spinach, sweet potato, crispy chickpeas, roasted Dutch carrots, toasted almonds, beetroot hommus, radish, sesame seeds
- COUS COUS BOWL** - Cous cous, raisins, mint, peas, zucchini, fetta, dill, pomegranate & pine nuts with a zesty lemon vinaigrette & mint yoghurt
- KALE SUPERFOOD** - Kale, quinoa, pickled red slaw, sweet potato, avocado, almonds, pepitas, pomegranate, corn

THEN, ADD YOUR PROTEIN

- **AVOCADO** 3
- **FREE RANGE EGG** 3
- **TRADITIONAL VEGAN FALAFEL** 4
- **GRILLED HALOUMI** 4
- **SLOW COOKED LAMB SHOULDER** 5
- **CURED OCEAN TROUT** 6
- **POACHED CHICKEN** 5
- **GRILLED TASMANIAN SALMON** 7

Signature **WRAPS**

THE FALAFEL WRAP

Spicy chickpea falafel with raisin slaw, hommus, almonds, sriracha, turmeric & yoghurt

CHICKEN & WALNUT

Poached chicken, avocado, tomato, slaw, rocket, walnuts, herb mustard mayo