

## BREAKFAST

Toast or Fruit Toast with preserves & organic butter	7.0
Chia banana bread; espresso mascarpone, buckwheat, bee pollen	12.0
Acai bowl; Coyo yoghurt, peanut butter, organic granola, seasonal fruits (Ve, GF)	16.5
Spelt bircher; coconut, N <sub>2</sub> strawberry sherbet, pineapple ginger Pana Choc (VO)	15.0
Chocolate Coyo panna cotta; wild granola, grapefruit, raspberry gel (GF)	15.0
Cherry Ripe pancakes; stewed cherries, coconut, choc cherry fudge ice cream, dark choc mascarpone, macaroon, cherry ripe soil	19.5
Bacon baguette; folded eggs, BBQ Kewpie, American mustard, crispy onions	15.0
Detox breakfast bowl; kale, cured salmon, broccolini, sugar snap peas, Meredith's goats cheese, avocado, radish, puffed quinoa, pumpkin seeds, sesame seeds, poached egg, grain toast	19.5
Avocado toast; Meredith's goats cheese, chia, radish + Poached egg 2.5	17.5
Pea fritters; pan fried flaked salmon, poached egg, walnut pesto, pickled chilli, zucchini, mint	20.0
Chilli scrambled; Meredith's goats cheese, broccoli, spring onions, flatbread	18.0
No. 19 benedict; twice cooked pulled pork, poached eggs, cider compressed apples, maple bacon pangrattato, béarnaise, sourdough	19.5
Nourish brekkie; free range eggs, mushrooms, broccolini, haloumi, avocado, sautéed kale, roasted medley tomatoes, toast (VO, GF) + Bacon 4.5 + Chorizo 5.0	22.0



Eggs your way on toast

10.0

#### Sides

+ Relish / Béarnaise / Egg 2.5

+ Avocado / Sautéed kale / Mushrooms / Roasted medley tomatoes 4.0

+ Bacon / Meredith's goats cheese / Halloumi / Vegan Persian feta 4.5

+ Beetroot cured salmon / Chorizo / Grilled Chicken 5.0

+ Flaked salmon 6.0

+ Gluten free bread 1.5

## LUNCH

Superfood salad; shredded kale, quinoa, halloumi, almonds, sumac hummus, avocado  
granny smith, chia seeds (VO, GF)

17.5

+ Poached egg 2.5 + Grilled chicken 5.0

Cleanse bowl; roasted baby beets, burnt carrots, chipotle Conga potatoes, broccoli, avocado vegan feta smash,  
snow pea tendrils, toasted seeds (Ve, GF)

19.5

+ Poached egg 2.5 + Grilled chicken 5.0

Moroccan bowl; pulled lamb, black quinoa, roasted walnuts, pomegranate, green olives,  
mint & parsley salad, pomegranate yoghurt, pumpkin hummus

19.5

Wagyu Beef Burger; smoked cheddar, butter lettuce, tomato, red onions, dill pickles,  
No. 19 special sauce, brioche bun w thick cut chips

19.0



## Kids

Kids Box // Mini beef burger, thick cut chips, Pop top 12.5

Avocado Toast 7.5

Vegemite soldiers 5.0

Egg on Toast 7.5

Ham cheese toastie 7.0

Sweet potato chips 8.5

Thick cut chips 8.0

Mini Milkshake // Chocolate, Strawberry, Vanilla 5.0

Please note, our kitchen closes at 3pm - life's too short to say no to cake.



### Coffee

Black	3.8
White	4.0
Filter	4.5

### Wellness Latte

Coconut Turmeric	4.5
Matcha	4.5
Hibiscus & Beetroot	4.5
Prana Chai (VO)	4.5

### Extras

- +Soy 20c
- +Raw almond milk 1.0
- +Coconut milk 50c

### Freshly Squeezed OJ

6.0

### Chocolate

Mörk 65% cocoa hot chocolate (VO)	4.8
Iced chocolate	5.0

### Organic Tea

Good Morning	4.0
Earl Grey	4.0
White Peony	4.0
Lemongrass & Ginger	4.0
Peppermint	4.0

### Smoothies 9.0

Espresso Snickers (Ve)  
Organic raw almond milk, peanut butter, cacao, espresso, banana, dates, nectar

Cacao Cherry Ripe (Ve)  
Cherries, coconut milk, cacao, nectar, coconut

Matcha Pina Colada (Ve)  
Matcha, pineapple, banana, mint, coconut milk

Golden Turmeric Delight (Ve)  
Mango, banana, turmeric, cinnamon, ginger, coconut milk

Protein Warrior (Ve)  
Blueberries, banana, nut butter, maple syrup, almond milk, chia seeds, cinnamon, protein

Nutberry  
Raspberries, banana, peanut butter, Honey, almond milk

Cookies & Cream Thickshake  
Oreo, buttermilk ice cream, malt, milk

Cappuccino Thickshake  
Espresso, buttermilk ice-cream, milk

