

FOOD

MORNING CROWD *served 8am - 12pm daily*

big breakfast 34 GF

choice of 2 eggs your way, chicken sausage, sautéed mushrooms, oven roasted tomato, house made hashbrown, beans, and sourdough or gluten-free toast

the big V 38 V+

Beyond Meat hot Italian sausage, sliced avocado, sauteed mushrooms, spiced beans, house made hashbrown, mixed salad, sourdough toast

house made peanut butter and jam 13 V+

served with sourdough toast
swap to almond butter + 3
gluten-free toast + 3

two eggs your way 15 V

served with sourdough toast
smoked salmon + 8
gluten-free toast + 3

hangover hash 24 GF V

house made hash browns, poached eggs, wilted baby spinach, miso hollandaise, togarashi, seaweed powder

avocado toast 26

with smoked salmon, crispy chickpeas, and fresh pomegranate

low carb warrior 26 GF V

cauliflower cheese muffin, scrambled egg whites, sauteed mushrooms, sliced avocado, mixed salad

granola yoghurt bowl 18 GF V

greek yoghurt, passionfruit, fresh mango, wild honey, house made strawberry jam, granola

okonomi breakkie 28

japanese inspired cabbage pancakes, bonito flakes, seaweed, spring onion, japanese mayo, sweet soy dressing, sunny-side up egg

truffle and raclette toastie 28 V

with caramelised onions

golden breakfast benedict 28 V

quinoa-polenta spinach cake, poached egg, spicy harissa hollandaise, rocket
smoked salmon + 8

bombay masala toast 26 V

indian spiced spinach, egg, and cheese crusted toast with house made tomato chutney

mediterranean shakshuka 26 GF V

baked eggs, tomatoes, roasted red peppers, harissa, fresh parsley, house baked gluten-free bread
chicken sausage + 8

AFTERNOON SUSPECTS *served 11am - 5pm daily*

soup of the day 18

with crusty house baked gluten-free bread

builder's bowl 44 GF

sliced grass-fed ribeye, percik sauce, fresh ulam salad, red rice

gratitude bowl 32 GF V

portobello steak, roast pumpkin, charred broccoli, fresh ulam, basil pesto, red rice

wellness burger 34 V+

house made quinoa, chickpea, and walnut burger served with sweet potato fries

hearty cornbread and chilli 32 GF V+

house baked cornbread, spiced mixed bean chilli, smashed avocado
poached egg + 3

nourish 'chilli pan mee' 32

with chicken sausage, baby spinach, crispy fried shallots, fried anchovies, house made dried chilli paste, poached egg

crack soba bowl 32 GF V

warm soba noodles, shredded carrots, sweet corn, edamame, red radish, onsen egg, soy chilli dressing

pasta of the day

refer to board for pricing
gluten-free pasta + 5

moroccan spiced lamb meatballs 34 GF

with crusty house baked gluten-free bread

PROTEIN

served with choice of (1) salad or grain

crispy falafels 28 GF V+

with garlic lemon tahini and fresh herbs

herb roasted chicken thigh 34 GF

with rosemary brown sauce

baked ocean trout 36 GF

with lemon garlic butter

crab cakes 36

with spicy harissa mayo, tobiko, and lemon wedge

SALADS & GRAINS

selection of two 28 / selection of three 36

daily selection available at the counter

SIDES

sweet potato fries 18 V+

with garlic aioli and ketchup

kimchi fried quinoa 18 V

with fried kampung egg, seaweed, and toasted sesame

chips and dip 18 GF V+

house baked almond flour crackers, roasted red pepper hummus, and guacamole

sweetcorn fritters 22 V

with beetroot jam and fresh lime

PIES & TARTS

using our house baked gluten-free crust

quiche of the day 22 GF V

roast chicken and portobello mushroom pie 24 GF

beef cheek and portobello mushroom pie 26 GF

fish pie 32 GF

smoked salmon, garoupa, and butter fish
add-on (1) salad or grain + 12

DRINKS

COFFEE & CHOCOLATE

espresso 9

black 10

white macchiato 10
piccolo / cortado / flat white / latte / cappuccino / magic 11

chocolate 13
mocha / chocolate

cacao almond milk 16

cold brew black 15

+ ice 2	+ almond milk 4
+ low fat milk 2	+ extra shot 3
+ soy/oat milk 3	

TEAS

chai latte 13

matcha latte 13

turmeric latte 13

hojicha latte 14

beetroot latte 15

english breakfast / earl grey / chamomile / green tea / peppermint 11

SMOOTHIES

green goddess 18

kiwi, baby spinach, mango, green apple, lemon

that pink drink 19

strawberries, red apple, green grapes, blueberries, coconut yoghurt, soy milk

chocolate anavrin 19

organic raw cacao powder, banana, almond milk, almond butter, coconut yoghurt, cacao nibs, dates

BOTANICALS

wellness shots 8

straight wheatgrass / ginger, turmeric

house cold pressed juices 15

apple, beetroot, carrot / apple, celery, cucumber / orange, grapefruit

house brewed kombucha 15

fresh passionfruit and wild honey 12

fresh squeezed lemonade 12

sparkling water 10
with lemon slice

mineral water 5