

**ALL DAY BREAKFAST**  
**PLEASE ORDER + PAY AT COUNTER**

TOAST Soy linseed, rye sourdough, fig + walnut loaf or banana bread w/ spreads	7.0
ACAI BOWL 3 scoops of sorbet-style Acai, coconut yoghurt, granola and seasonal fruit (df, rsf)	21.0
SOFT BOILED EGGS Two free range eggs on soy linseed or rye sourdough	12.0
GRANOLA Luke Avenue fig and maple granola, coconut yogurt, berry compote, seasonal fruits	16.0
BIRCHER MUESLI Rolled oats soaked in coconut milk, maple syrup and cinnamon. Served with Coyo and seasonal fruit (df, rsf)	16.0
MIXED BERRY PORRIDGE Brown rice, quinoa, millet, coconut milk and stewed mixed berries (gf, v)	16.0
AVO STACK Soy linseed sourdough, smashed avo, halloumi, goats feta, cherry tomatoes, soft herbs and dukkah	21.0
GREEN BOWL Rocket, kale, broccolini, snow pea shoots, goats feta, hummus and avo, topped with pepitas and pomegranate (gf)	18.0

**SANDWICHES + WRAPS**

THE CHICKEN SANDWICH Chicken breast, basil pesto, avo, spinach, tomato and tasty cheese on soy linseed	15.0
THE ITALIAN Salami, prosciutto, tasty cheese, relish, tomato and rocket on dark rye	15.0
VEGGIE SANDWICH Pesto, tasty and Gruyère cheese, roasted pumpkin and kimchi on sourdough	14.0
FALAFEL WRAP Falafels, hummus, roasted pumpkin, capsicum, quinoa, tomato and spinach	15.0
AVOCADO BAGEL Everything seeded bagel, avocado, Dukkah and lemon	12.0
BACON + EGG ROLL Two free range eggs, eye bacon, tasty cheese and bbq sauce on a soft milk bun	12.0
HAM + CHEESE TOASTIE (OR CROISSANT)	10.0
<b>ADD ONS</b>	
Tomato, GF Bread	2.5
Soft Boiled Egg	3.0
Acai	4.0
Chicken, Bacon, Halloumi, Avocado	5.0



*While we do our best, please be aware our cafe prepares food containing gluten, nuts, dairy + soy  
 10% surcharge applies Sundays + Public Holidays*

OPEN 7 DAYS  
 MON - SAT 6-2:30 (T/A till 3:00)  
 SUN 7:00-1:00

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## COFFEE

BLACK  
Espresso, Ristretto, Long Black 4.0  
Batch Brew 5.0

WHITE  
Flat White, Cappucino, Macchiato, Piccolo 4.5

## EXTRAS

Extra Shot, Large, Decaf, Mocha +1.0  
Soy / Almond / Oat Milk

## NOT COFFEE

Hot Chocolate 4.5  
Chai Latte 4.5  
Babycino 2.0

## TEA

English Breakfast, Earl Grey, Peppermint, 4.5  
Green Jasmine, Lemongrass + Ginger

## COLD ONES

Cold Brew 5.0  
Iced Latte, Iced Long Black 6.0  
Iced Coffee/Mocha, Iced Choc 6.5  
Affogato 5.0

## MILKSHAKES

Chocolate, Banana, Vanilla, Caramel 6.5  
Nutella 9.5

## SMOOTHIES

*All df, vg*

CLEAN GREEN 10.0  
Baby spinach, avo, lime, kiwi, apple,  
cucumber, coyo, mint, coconut water

COCO MANGO  
Mango, passionfruit, coyo, chia seeds,  
coconut water

NUT GUILTY  
Peanut butter, banana, granola, cinnamon,  
almond milk

BERRY SERIOUS  
Mixed berries, banana, coconut water,  
almond milk

Add protein powder +4.0

Everything we serve at Ritual is sourced carefully and intentionally with a focus on seasonal and local produce. We are proud to work with the following suppliers -

Milk - Country Valley Picton  
Eggs - Jones Bros Family Farm  
Muffins + Paleo - Bakery 43  
Pastries - Tuga Clovelly

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