

ALL DAY MENU

Fruit Toast \$4.90 GF

Served with jam and Nutelex

Smashed Avo \$15.90 A N

Seasoned smashed avocado served on locally baked multigrain toast with garlic butter, topped with almond feta, cherry tomatoes, pistachio za'aatar and a wedge of lemon

Quinoa & Roast Veg Salad \$12.90 GF N

Fluffy quinoa with roasted vegetables, fresh herbs, toasted nuts, leafy greens and a maple balsamic glaze

Creamy Potato Salad \$12.90 GF

Duo of roasted potato & sweet potato with creamy aioli, crunchy veg, gherkins & fresh herbs.

Salad Wrap \$12.90 N

A 12 inch wrap packed with fresh salad, basil pesto, almond fetta and aioli. Served fresh.

Mexican Wrap \$15.90 N

A 12 inch wrap packed with our rich saucy black bean, mushroom & corn mix, brown rice, fresh capsicum, red onion, chilli jam, homemade almond cheese & baby spinach. Served toasted w/ side salad & 'sour cream'

Falafel Wrap \$16.90

A 12 inch wrap filled with homemade baked falafel, Babaganouj, salad mix, sweet chilli, fresh onion, tomato, carrot & tzatziki. Served fresh or toasted with a side salad.

Nurcha Nachos \$18.90 GF

Our spicy and saucy black beans and corn served with plenty of corn chips, homemade almond cheese, chilli jam, fresh salsa, guacamole, rainbow apple slaw & 'sour cream'

Gourmet Pies & Sausage Roll \$11.90

Plant based baked goods served with a fresh side salad, cucumber, cherry tomatoes, red onion, sweet citrus dressing & homemade chilli jam sauce on the side.

See Display Fridge for Options

ACAI BOWLS GF N

Acai Flow \$13.90

Acai Flow layered with our housemade macadamia muesli and topped with fresh fruit & coconut flakes

Health Nut Acai Flow \$16.90

Acai Flow layered with housemade macadamia muesli, topped with coconut yoghurt, fresh fruit, buckinis, a goodie ball and coconut flakes

Choc Lovers Acai Flow \$16.90

Acai Flow layered with housemade macadamia muesli, topped with fresh fruit, chopped country road, cacao nibs, coconut flakes & chocolate drizzle

SOFT SERVE ICE CREAM

Smooth & creamy without the dairy!
No preservatives. Natural Ingredients.

Kid's Cone \$3.50

Regular Waffle \$6.00

*Welcome to our
100% plant based cafe!*

GF Gluten Free N Contains Nuts R Raw A Gluten-Free Available

MENU



SMOOTHIES

Regular \$8.90 | Large \$10.90

Green Machine

Banana, mango, passionfruit, baby spinach & filtered water

Bananarama

Banana, coconut milk, real vanilla, dates, cinnamon & ice

Tropical nights

Mango, pineapple, passionfruit & coconut milk (or opt for coconut water instead)

Nutty Professor

Banana, peanut butter, vanilla, dates, cinnamon, filtered water & ice

KIDS DRINKS

Milkshakes \$4.90

Chocolate | Caramel | Banana

SHAKES & FRAPPES

Regular \$8.90 | Large \$10.90

Bliss Shakes

Chocolate | Caramel | Strawberry

Made on soy milk*, blended with icecream, flavour, topped with chocolate syrup & icecream

Add coffee 50c

Choc Hazelnut Frappe

Cacao blend, almond milk, hazelnut syrup, ice, topped with choc syrup and icecream
Add coffee 50 c

Iced Latte \$6.90

Caramel | Vanilla | Hazelnut | Chai | Maple

Milk of choice, 2 shots of coffee poured over ice, with the syrup of your choice

Wide selection of other cold drinks available in drinks fridge

COFFEE & TEA

MILKS: Coconut | GMO-free Soy | Activated Almond | Oat

Flat White | Cappuccino | Latte | Hot Chocolate

(certified organic & fair trade)
Byo Cup \$4.50 | Reg \$4.90
Large \$5.50

Short Black | Long Black

Regular \$3.50 | Large \$3.50

Pot of Organic Tea \$4.5

Tea for two \$ 8

English Breakfast

Peppermint, Lemon Myrtle & Lavender

Wild Mr Earl Grey

Chai

Jasmine, Green Tea, Mint & Rose

"I need a moment"

Chamomile, Passionflower, Lavender, Hyssops & Valerian

"I am Goddess"

Calendula, Nettle, Dandelion, Burdock, Licorice Root, Lemon Myrtle, Red Clover, St Mary's Thistle, Stevia Leaf

DRINKS

