



WELLBEING AND OUTSTANDING NOURISHMENT

TOASTS

Artisan sourdough (white)	7.00
Fruit Toast	7.00
Buckwheat & pumpkin seed (GF)	8.00
Paleo Bread (GF)	8.00

all served with butter & choice of condiment or sides

ALL DAY BREKKIE

3 Grain porridge (GF, DF, V)	16.50
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With apple caramel, apple & blueberry compote, ginger crumble, fresh strawberries & coconut milk (contains black rice, basmati rice & buckwheat)

Buttermilk Pancakes	16.00
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OPTION 1:
2 Pancakes served with our house made whipped honey butter, strawberries, honey & house made dukkha

OPTION 2:
2 Pancakes served with Nutella, ice cream & strawberries

FP's Breakfast Taco	9.00 ea or 2 for 17
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(No variations, contains coriander)
Vegetarian. Potato, mushroom, guacamole & tomato salsa (V, DF)
Bacon & Egg. with guacamole & tomato salsa (DF)
Chorizo & Egg. with guacamole & tomato salsa (DF)

2 Eggs your way on sourdough (GF AVAIL.)	12.00
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Build your own Big Breakfast with SIDES (see below)

Mediterranean Avo Toast (VEG, GF AVAIL.)	8.00
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Smashed avo, cherry tomatoes, fetta & herbs on sourdough
Add. egg/s 3.00 ea, or any sides (see below) 5.00

Open Herbed Omlette	15.00
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With rocket, broad beans & parmesan salad (GF)

Nourish Bowl 2.0 (DF, GF, VEG)	18.00
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Sauteed greens, pumpkin wedge, 1 poached egg, toasted almonds & house made lemon hommus
ADD House smoked salmon, chicken breast or lamb 6.00

Shakshuka (GF AVAIL.)	22.00
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Baked eggs in a tomato based sauce with chorizo, feta, basil & heirloom tomatoes. Served with sourdough or GF bread

Traditional Lebanese Big Breakfast	22.00
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House made herbed flat bread, 2 eggs, labnah, sujuk (Lebanese sausage), house made chicken sausage, lemony chick peas, oregano tomato salad

Bacon & Egg Roll (CHOICE OF SAUCE)	10.00
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Double smoked bacon, free range egg, cheddar cheese on a milk bun

PIMP IT UP! Add Avo or hash brown 2.00

Acai Smoothie Bowl (GF, DF, V)	18.00
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With house made granola, seasonal fruit & coconut

LUNCH (Available all day)

Chicken Caesar Salad (GF AVAIL.)	20.00
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With yoghurt based dressing & house made croutons

Warm Broccoli & Pear salad (V, GF, DF)	18.00
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With black rice, avocado, rocket, asparagus & sesame dressing **Add. Chicken or Lamb 6.00**

The Vitalo Cheeseburger	18.00
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with house made beef patty, American cheddar, our own special burger sauce & fries
Add. Extra beef patty 5.00, Egg 3.00, Bacon 3.00

Beer Battered Fish n' Chips	20.00
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House made tartare & green salad

Japanese Style Crispy Chicken Burger	18.00
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With Asian slaw, mayonnaise & house cut chunky chips

Warm Cauliflower & Chickpea Salad (VEG, GF)	20.00
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with mixed herbs, nuts, pomegranate & tahini dressing.
Add chicken or lamb 6.00

WRAPS

Bacon & Egg (CHOICE OF SAUCE)	10.00
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Add Avo or hash brown 2.00

Mediterranean Chicken Wrap	13.00
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Chicken, tzatziki, tabouli, spinach

Chicken & Sweet Potato Wrap (DF)	11.00
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Chicken, sweet potato, aioli, spinach, Spanish onion

Vegetarian Falafel Wrap (VEG, DF)	13.00
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House made falafel, hommus, tahini sauce, lettuce, tomato, pickle

CONDIMENTS & SIDES

Honey, vegemite, peanut butter, jam, Avocado,	
2 Hash Browns, Garlic mushrooms	4.00
Haloumi, Chorizo, Bacon	5.00
Egg, Sauteed kale, Sauteed spinach, Feta	3.00
Chunky Chips with aioli (GF)	8.00
Slow cooked lamb, Garlic chicken breast	6.00
House hot smoked salmon	6.00



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VITAL KIDS

Table with 2 columns: Item Name and Price. Items include Kid's Buttermilk Pancake, Chicken Tenders & fries, Cheese Toastie, Kid's Chicken Wrap, Lamb & Chicken Rice (GF), and Shoestring Fries (GF, VEG).

HOT DRINKS

Sacred Grounds Coffee

Table with 3 columns: Item Name, Small, and Large. Lists various coffee drinks like Espresso, Macchiato, Cappuccino, etc.

Add 0.50:

Extra Shot, Decaf, Alternate Milk (Almond, Coconut, Soy, Oat), Collagen, Cacao

Table with 2 columns: Item Name and Price. Item: Loose Leaf Tea (4.00).

COLD DRINKS

Table with 2 columns: Item Name and Price. Lists cold drinks like Iced Latte, Smoothies, Tropical Frappe, Sunrise Frappe, Blueberry Cinnamon, Acai Smoothie, The Hulk, Na Na Na, Vitaweis, Fresh Juice, Green Not Mean, Fruitlicious, Detox, Bottled drinks, etc.

Please see our display fridge for GF, DF and Vegan desserts
Veg = Vegetarian V = Vegan GF = Gluten Free DF = Dairy Free
10% surcharge applies on public holidays