



WELLBEING AND OUTSTANDING NOURISHMENT



# ALL DAY BREKKIE

<b>TOAST</b>	
Choice of Toast: Artisan White Sourdough	<b>7.00</b>
Buckwheat & Pumpkin Seed (GF),	<b>8.00</b>
Paleo Bread (GF)	<b>8.00</b>
Fruit Toast	<b>7.00</b>
<b>Condiments:</b> Butter, Honey, Peanut Butter, Vegemite, Jam	
<b>3 Grain Porridge (GF, DF, V)</b>	<b>17.00</b>
With apple caramel, apple & blueberry compote, ginger crumble, fresh strawberries & coconut milk.	
<b>Acai Smoothie Bowl (GF, DF, V)</b>	<b>18.00</b>
With house-made granola, seasonal fruit & coconut.	
<b>Biscoff Buttermilk Pancakes</b>	<b>21.00</b>
Three stack fluffy buttermilk pancakes served with ice cream, melted biscoff, and seasonal fruit.	
<b>Eggs Your Way</b>	<b>12.00</b>
Choice of Poached, Scrambled, or Fried on Sourdough Toast.	
<b>Add</b> your choice of sides from below.	
<b>Bacon Egg Roll or Wrap</b>	<b>10.00</b>
Double smoked bacon, free range egg, cheddar cheese on a milk bun	
<b>Breakfast Tacos</b>	<b>9.00 each or 2 for 17.00</b>
<b>Vegetarian:</b> Potato, mushroom, guacamole & tomato salsa (V, DF)	
<b>Bacon &amp; Egg,</b> with guacamole & tomato salsa (DF)	
<b>Chorizo &amp; Egg,</b> with guacamole & tomato salsa (DF)	
<b>Mediterranean Avo Toast (GF avail.)</b>	<b>18.00</b>
Smashed avo, heirloom tomatoes, zaatar, feta, & toasted seeds on sourdough.	
<b>Add:</b> egg 3.00, or bacon 5.00	
<b>Zucchini Fritters</b>	<b>18.00</b>
Zucchini fritters served with a soft poached egg, romesco, avo smash, corn, and tomato salsa.	
<b>Nourish Bowl</b>	<b>18.00</b>
Sautéed greens, pumpkin wedge, poached egg, toasted almonds, & house-made lemon hommus	
<b>Add</b> House smoked salmon, chicken breast, or lamb 6.00	
<b>Brekkie Pan</b>	<b>24.00</b>
Eggs your way, chorizo, bacon, hash brown, mushroom, and roast tomato on 2 pieces of sourdough.	
<b>Add</b> Haloumi 5.00	

<b>Labneh &amp; Veggie Stack</b>	<b>19.00</b>
Charred zucchini, heirloom tomatoes, sumac onions, avo, and rocket salad served on Turkish bread with a poached egg, labneh and herbs.	
<b>Eggs Benny</b>	<b>16.00</b>
Soft poached eggs with wilted kale, grilled asparagus, and sumac hollandaise served on an English muffin with your choice of; Mushrooms 4.00, Bacon 5.00, or Smoked Salmon 6.00	
<b>SIDES</b>	
Avo, Hash Browns, Garlic Mushrooms	<b>4.00</b>
Haloumi, Chorizo, Bacon, Shoestring Fries	<b>5.00</b>
Egg, Sautéed kale, Sautéed spinach, Feta	<b>3.00</b>
House Smoked Salmon	<b>6.00</b>
Slow-cooked lamb, Chicken Breast	<b>6.00</b>
Chunky Chips with aoli	<b>8.00</b>

# LUNCH

<b>Baja Fish Taco</b>	<b>19.00</b>
Lightly fried flathead served with red cabbage, pico de gallo, and spicy mayo, served on a soft taco.	
<b>Salt &amp; Pepper Squid Salad (GF)</b>	<b>21.00</b>
Slaw, mint, dill, cherry tomatoes, cucumber, shallots, chili, pomegranate dressing	
<b>Vitalo Bowl (M)</b>	<b>19.00</b>
Kale, radicchio, quinoa tabouli, sweet potato, avo, pickles, pomegranate, beetroot hummus, toasted grains	
<b>Add</b> Falafel 5.00 Chicken 6.00 Lamb 6.00	
<b>Cheese Burger</b>	<b>20.00</b>
Wagyu patty, burger cheese, iceberg lettuce, caramelised onions, burger sauce served on a milk bun with fries.	
<b>Crispy Chicken Burger</b>	<b>20.00</b>
House marinated crispy chicken thigh fillets, red cabbage slaw, lettuce, cheese, smoked garlic aioli, served on a milk bun with hand cut chips.	
<b>Chili &amp; Garlic Prawn Linguini</b>	<b>23.00</b>
Prawns, cherry tomatoes, garlic, chili, white wine, and extra virgin oil.	



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## WRAPS

<b>Mediterranean Chicken Wrap</b>	<b>13.00</b>
Chicken, tzatziki, tabouli, spinach.	
<b>Chicken Sweet Potato Wrap</b>	<b>11.00</b>
Chicken, sweet potato, aioli, spinach, Spanish onion.	
<b>Vegetarian Falafel Wrap</b>	<b>13.00</b>
House-made falafel, hummus, tahini sauce, lettuce, tomato, pickle.	
<b>Fried Chicken Wrap</b>	<b>14.00</b>
Crispy Chicken, Lettuce, tomato, cheese, smoked garlic aioli.	
<b>Add Avo</b>	<b>2.00</b>

## HOT DRINKS

*Sacred Grounds Coffee*

	<b>Small</b>	<b>Large</b>
<b>Espresso</b>	3.50	N/A
<b>Macchiato</b>	3.50	N/A
<b>Piccolo</b>	3.50	N/A
<b>Cappuccino</b>	4.00	4.50
<b>Flat White</b>	4.00	4.50
<b>Latte</b>	4.00	4.50
<b>Long Black</b>	4.00	4.50
<b>Mocha</b>	4.50	5.00
<b>Chai Latte</b>	5.00	5.50
<b>Turmeric Latte</b>	5.00	5.50
<b>Hot Chocolate</b>	4.00	4.50
<b>Filter Coffee</b>	N/A	5.50
<b>Bulletproof Coffee</b>	N/A	5.50

### **Add 0.50**

Extra Shot, Decaf, Alternate Milk (*Lactose Free, Almond, Coconut, Macadamia, Soy, Oat*), Cacao

### **Loose Leaf Tea 4.00**

English Breakfast, Early Grey, Peppermint, Jasmine Green, Ginger & Lemongrass, Chamomile

### **Bottled**

<b>Bottled Water, Coke, Coke Zero, Sprite</b>	<b>2.50</b>
<b>Bundaberg drinks</b>	<b>3.50</b>
<b>San Pellegrino Sparking</b>	<b>3.50</b>
<b>Organic Kombucha</b>	<b>5.00</b>
<b>Kids Milkshake</b>	<b>4.00</b>
Chocolate, Strawberry, Caramel, or Vanilla	
<b>Kids Smoothies</b>	<b>5.00</b>
Mango or Banana	

## VITAL KIDS

<b>Kids Pancakes</b>	<b>10.00</b>
Nutella, ice cream, and strawberries	
<b>Cheese Toastie</b>	<b>8.00</b>
<b>Kid's bacon and eggs</b>	<b>10.00</b>
1 scrambled egg, 1 sliced bacon, 1 slice sourdough served with tomato sauce.	
<b>Chicken Wrap</b>	<b>8.00</b>
Lettuce, chicken, mayo	
<b>Chicken Tenders w/ chips</b>	<b>12.00</b>
With tomato sauce	
<b>Shoestring Fries</b>	<b>5.00</b>

## COLD DRINKS

<b>Iced Latte</b>	<b>5.00</b>
<b>Iced Coffee</b>	<b>6.00</b>
<b>Iced Chocolate</b>	<b>6.00</b>
<b>Iced Mocha</b>	<b>6.50</b>
<b>Smoothies</b>	<b>9.00</b>
<b>Tropical Frappe (DF)</b>	
Mango, Pineapple, Passionfruit, Coconut Water	
<b>Sunrise Frappe (DF)</b>	
Strawberry, Mango, Kiwi, Pineapple, Coconut Water	
<b>Blueberry Cinnamon</b>	
Blueberries, Toasted Muesli, Cinnamon, Dried Fruit & Nuts, Banana, Yoghurt, Milk	
<b>Acai Smoothie (DF)</b>	
Organic Acai Berry, Organic Guarana, Banana, Coconut Water	
<b>The Hulk (DF)</b>	
Pineapple, Cucumber, Green Apple, Celery, Kale, Mint, Lemon, Coconut Water	
<b>Na Na Na (DF)</b>	
Banana, Almond Milk, Maple, Cinnamon, Chia	
<b>+add cacao 0.50 + add coffee shot 0.50</b>	
<b>Vitaeweis (DF)</b>	
Mango, Coconut Cream, Passionfruit, Maple	
<b>Fresh Juice</b>	<b>8.00</b>
<b>Green Not Mean.</b>	Apple, celery, Cucumber & mint
<b>Fruitlicious.</b>	Watermelon, apple & orange
<b>Detox.</b>	Celery, Carrot, Beetroot & Ginger
<b>Make Your Own!</b>	