

# Café & Dessert Bar

All-day Menu



## Sourdough Toasties

(with Uprising Wholemeal Sourdough or Food Farmacy GF Sourdough)

Roasted pumpkin, semi-dried tomatoes, caramelised onions, feta, and pesto (GFO) **\$14.90**

Mediterranean roasted veggies, plant-based smoked mozzarella, and pesto (GFO, NF) **\$14.90**

Tomato, rocket, plant-based butter, and smoked mozzarella cheese (GFO, NF) **\$13.90**

HIGH FIBRE, LOW FAT

## Sourdough Toppers

(GF Sourdough option available)

### Avocado Mash

Smashed avocado on toasted sourdough, topped with creamy feta and sprinkled with aromatic dukkah. **\$12.90**

### Mushroom Goodness

Sautéed mushrooms with aioli mayo and a sprinkle of fresh garden herbs on toasted sourdough. **\$16.90**

### Beetroot Hummus & Greens

Creamy beetroot hummus paired with a medley of fresh mixed greens on toasted sourdough. **\$12.90**



## Nourishing Bowls

Regular **\$19.90** Large **\$24.90**  
(add Pana Vanilla ice-cream for \$3)

### Waffle Bowl (GF)

Our House buckwheat and brown rice waffles, coconut yoghurt, house made berry jam, seasonal fruits, almond crumble, and maple syrup.

### NEW Açaí Bowl (GF)

Frozen açai blended with our natural energy shot and berries, covered with fresh banana, strawberry, passion fruit or kiwi, coconut flakes, peanut butter and house made granola.

### Pancake Bowl (GF)

Our House buckwheat and brown rice pancakes, coconut yoghurt, seasonal fruits, house made berry jam, almond crumble, and maple syrup.

NO NASTIES, NO GUILT

## Grab and Go

Chia Fruity Pudding (GF) **\$8.50**

Falafel Wraps **\$12.90**

Parfaits (GF) **\$12**

Savoury (GF) and Sweet Muffins Baked daily **\$7**

Banana Bread (GF) **\$7**

Cookie (GF) **\$5**

Tropical Bliss Ball (GF) **\$3.50**

Snickers Balls (GF) **\$5**

Protein Peanut Ball (GF) **\$3.50**

Choc mint Bliss Ball (GF) **\$3.50**

Guilt-free cheesecake Slice (GF) **\$9.50**

Chef's Mini Cakes and Slices **\$8**

Protein Bar **\$7**

Frittata **\$12.90** (GF) (add salad +\$6)

All Vegan \*Wheat-free (WF) \*Wheat-free option (WFO)

\*Gluten-free (GF) \*Nut-free (NF) \*Nut-free (NFO)

\*Low FODMAP option (LFP)

# Drinks Menu



Experience the Difference in Every Sip: Indulge in the goodness of our anti-inflammatory and caffeine-free beverage selection. Our **organic Colombian coffee beans**, sourced from Little Earth Roasters in Kiama, NSW, are locally roasted to perfection. We take pride in our **natural decaffeination process, using cutting-edge carbon dioxide technology that preserves the beans' antioxidants and natural flavours**. With each cup, savor the harmonious blend of smooth chocolate and caramel notes. It's more than just coffee; it's a flavorful journey.

## Hot Drinks

Regular (R) **\$5.80** Large (L) **\$6.50**

Cappuccino  
Long Black  
Flat white  
Coffee Latte  
Mocha  
Hot Chocolate

CHOOSE YOUR FAVOURITE  
BARISTA PLANT-BASED MILK

### Golden Turmeric Latte

(turmeric, ginger, vanilla, black pepper, cinnamon)

### Red Velvet Latte

(beetroot, turmeric, chia spice, hibiscus, rosehip, vanilla bean)

### Chai Latte

(brewed organic rooibos chai soaked in honey)

### Caroccino

(malted barley, rye and chicory and plant-based milk)

### Babyccino

(Warm steamed plant-based milk of your choice with a foamy chocolate dusted top) **\$3**

## Iced Lattes **\$6.50**

(add Pana vanilla ice-cream for \$3)

### Iced Coffee Latte

(Our signature coffee served with plant-based milk and ice)

### Iced Golden Turmeric Latte

(Our Golden Turmeric with milk, ice and coconut nectar)

### Iced Chocolate Latte

(Plant based plant-based organic cocoa mix and ice)

### Iced Chai Latte

(Organic rooibos honey-soaked chai with plant-based milk, ice and date syrup)

## Smoothies

**\$11.90**

(add Pana Vanilla ice-cream for \$3)



### Healthy Green 'n lean

Kale, banana, lemon, ginger, pineapple, avocado, dates, coconut water, green's powder and energy shot

### Blueberry Sunrise Powered-Up!

Plant-based milk, frozen banana, blueberries, cinnamon, maple syrup and vanilla protein powder

### Snickers Protein Smoothie

Banana, peanut butter, organic raw cacao, plant-based milk, dates and chocolate protein powder

### Strawberry Energy Kiss

Orange juice, banana, strawberry, ginger and energy shot

### Pina Colada

Coconut milk, coconut cream, banan, pineapple and vanilla

## Cold Press Juices

Regular (R) **\$8.90** Large (L) **\$12.90**

### Tropical Twist

Orange, apple, pineapple, spinach, ginger, and passionfruit

### Immune Juice

Orange, apple, carrot, ginger, and lemon

### Detox Special

Beetroot, celery, carrot apple, lemon, and ginger

### Green Machine

Kale, celery, cucumber, pineapple, apple, ginger, lemon

### Immunity shots

(Ningxia goji berry or Gold Turmeric) **\$6**

### Healing Wine

100% organic grape juice **\$8.50** or **\$14.90**

# Antioxidant Herbal Teas



## The Tea Collective Blends

**\$5**

### Firestorm

Immune system optimiser! A fiery tea blended from ginger root, turmeric, chilli & peppercorns.

### Moontime

Aiding the symptoms associated with menopause and PMS. Preventing any disruption to the precious 28-day cycle: spearmint, peppermint, cohosh root, dong quai, liquorice root, ashwagandha, St. John's wort, red clover, lavender, red rose, and lemon verbena.

### Happiness

An eclectic and wildly-colourful blend of sweet, floral, and spicy: organic lemongrass, organic apple pieces, jasmine flowers, rose petals, pink peppercorns, cinnamon chips, coriander seeds, raspberry leaf, ginger, natural jasmine.

### Peppermint

Pure peppermint tea has been used in traditional medicine to relieve discomfort in the digestive system.

## Tea Tonic Organic Blends

**\$5**

### Thirst Quencher

Naturally sweet and hydrating. Hibiscus, moringa leaves, natural flavour, monk fruit and calendula.

### Tea Party (GF, LF)

Calcium and iron rich, smooth rooibos and rose petal tea.

### Apple Tree (GF)

Loaded with antioxidants and apple pieces "An apple a day.... Blue Magic Tea (GF, LF) This floral turkish delight will boost the lustre of your hair, skin and eyes while delighting your sights with a gorgeous natural blue from the butterfly pea flower. Adding floral notes with rose petals and chamomile.

### Relaxation Tea (GF)

Calming the mind and body day or night with lemongrass, passionflower, lemon balm, skull cap and lavender.

## Neo Organic Tea Blends

**\$5**

### Chocolate Dream (GF, LF)

Cacao and rooibos, this high iron and magnesium tea will uplift the senses and also help sugar cravings.

### Echinacea Accelerator

Enhance your immune system with echinacea, lemongrass and ginger.

### Turmeric Tonic (GF, LF)

This golden zesty tea includes turmeric, citrus and lemongrass to help Page 4 / 4 relieve muscle and joint pain.

### Happy Hemp (GF, LF)

Protein rich, fibre and fatty acids including omega-3s and omega-6s to cheer and uplift. The perfect mood balancing elixir.

### Delightful Blue (GF, LF)

Butterfly Pea flower is known for its graceful ageing properties, improving digestive health and alleviating symptoms of anxiety and depression.



\*Gluten-free (GF)

\*Low FODMAP option (LFO)