



PLANT BASED DINING

MAPLE ROASTED GRANOLA (GFO) 17

House made granola with mixed nuts, oats and seeds. Topped with cinnamon poached pear, mint and vanilla bean yoghurt

WAFFLES (GFO) 23.50

Ask about our weekly special

AÇAÍ SPECIAL (GFO)

With our house made granola and seasonal fresh fruits **BOWL 19.5**

AVOCADO ON TOAST (GFO) 16.5

- Greek feta +4.0
- Hash Browns (2) +4.5

GREEN EGGS ON TURKISH (GFO) 18.5

Tofu scramble with pesto, zucchini ribbons and spinach. Topped with rocket and fresh chilli
- On a croissant +4.0

MINCE & BEANS ON TOAST 18.5

A rich and mildly spiced dish of mince and mixed beans

TOFU SCRAMBLE (GFO) 19.5

With sautéed mushrooms, spinach, and our signature turmeric tofu scramble
- Hash browns (2) +4.5
- On a croissant +4.0

CORN FRITTERS 23.5

With avocado, pico de gallo, relish, rocket, chilli and fresh lime

SALADS

NURTURE BOWL (GFO) 24

Roasted pumpkin, crispy tempeh, beetroot, quinoa, mushrooms, zucchini ribbons and tahini vinaigrette

GREENS & GRAINS (GFO) 18.5

Mixed salad greens with zucchini, quinoa, parmesan and garlic croutons
- Avocado +4.0
- crispy tempeh +3.0

CAESAR SALAD (GFO) 19.5

Cos lettuce, garlic croutons, parmesan, coconut bacon and crispy tempeh
- crispy chicken tenders +6.0

BIG BREAKY 28.5

Roasted mushrooms, spinach, cherry tomatoes, scrambled eggs, hash browns (2), sausages, crispy tempeh and sourdough

BREAKFAST BURRITO (GFO) 18.5

Mexican rice, spiced mince, scrambled tofu, beans, spinach and salsa
- Chicken +6
- Hash browns (2) +4.5

MUSHROOM RISOTTO (GF) 23.5

Rich and creamy, with roasted mushrooms, butter and parmesan. Drizzled with truffle oil, and topped with enoki mushrooms.

STICKY DUCK TOASTIE 22.5

On garlic turkish, with cucumber, lettuce, chilli jam and shoestring fries

DICKI'S CLASSIC BURGER 23.5

Beef pattie with lettuce, tomato, pickles and sliced cheese. Served with shoestring fries

CHICKEN KATSU BURGER 24

On a brioche bun with coleslaw, pickles, jalapeños, sliced cheese and shoestring fries

BUILD YOUR OWN BAOS 21.5

Three soft, fluffy bao buns with satay sauce, slaw, cucumber and tapioca chips.

Choice of:

- STICKY DUCK
- CHICKEN

TACOS (2 SERVES) 17.5

BATTERED CHICKEN & MINCE and BEANS
On two lightly toasted flour tortillas, served with fresh lime, shredded lettuce, pico de gallo and our signature salsa verde.

TO SHARE

JALAPEÑO CHEESE STICKS (4) 10.5

SHOESTRING FRIES 8.5



KIDS

MINI AVO ON TOAST	9.5
TOAST WITH JAM (2 pieces)	8.5
MINI PANCAKES Mini pancakes with vanilla bean ice cream and hazelnut sauce	12.5
MINI GRANOLA Served with choice of milk	12.5
CROISSANT with jam and butter	9.5
CHICKEN NUGGETS & CHIPS	14.5

SIDES

Greek Feta	4.0
Scrambled Tofu	6.0
Hash Browns (2)	4.5
Crispy Tempeh	3.0
Avocado	5.0
Mushrooms	5.0
Roasted Tomatoes	5.0
Sausages	5.0
Crumbed Chicken	6.0

(GFO) gluten free options +2
Most dishes have GF options, just ask!

Disclaimer: Please let us know if you have any allergies or intolerances. We can provide ingredients and nutritional information on plant based substitutes. Just ask our friendly waitstaff. Although we do our best to separate anything with made nuts, there is always a risk of cross contamination. All our sauces are made in house and have garlic and onion.

**SURPRISE SOMEONE SPECIAL
WITH A GIFT VOUCHER!
AVAILABLE NOW FOR \$50, \$80 OR \$100.**

ENJOY LIFE





SMOOTHIES 14.5

All our smoothies are formulated to give you the best combination of amazing flavour and nutrients. Each smoothie has a shot of fava bean protein.

KAILO SUPERBLEND SMOOTHIES A BLEND OF ANTIOXIDANTS, B VITAMINS, PROTEIN AND ZINC.

VANILLA CHAI

Bananas and dates, superblend Kailo powder

MANGO SUPERGREENS

Banana, mango, dates, superblend Kailo powder

BLUEBERRY AND BANANA

Blueberries, banana, almond milk, 32g protein

CHOCOLATE, BANANA, DATES AND OAT

Chocolate, oats, protein, flax meal, soy milk

PEANUT BUTTER & BANANA

Banana, dates, soy milk, vanilla bean ice cream, dash of cinnamon

MANGO, LIME & COCONUT

Mango, vanilla bean ice cream, mango nectar, toasted coconut

GREEN POWER

Mango, banana, kale, spinach, dates

MIXED BERRY & BANANA

Raspberries, blueberries, banana, soy milk and maple syrup

COLD PRESSED JUICES 7.5

GREEN SUPREME

Apple, pear, banana, passionfruit, spinach and spirulina

BERRY BLISS

Mixed berries, apple, plum and banana

VALENCIA ORANGE

100% oranges

SPARKLING JUICE

Choose any of our juices and mix with soda water for that refreshing flavour and half the sweetness

SPARKLING WATER 5



COFFEE HOT

- ESPRESSO 3.5
- DOUBLE ESPRESSO 4.5
- SHORT MACCHIATO 4
- LONG MACCHIATO 5
- LATTE / FLAT WHITE / CAPPUCINO 5 / 6
- LONG BLACK 4.5 / 5.5
- MOCHA 6 / 7
- HOT CHOCOLATE 5 / 6
- MATCHA LATTE 6 / 7.5
- TURMERIC LATTE 4.5 / 5.5
- CHAI LATTE 5 / 6
- BABYCCINO 2

TEA 5.5

English Breakfast / Earl Grey
Chai / Peppermint / Jasmine Green Tea

COFFEE ICED

- ICED LONG BLACK 5
- ICED LATTE 6.5
- ICED COFFEE 8.5
- ICED CHOCOLATE 7.5
- ICED CHAI 6.5
- ICED MATCHA 8.5
- ICED MOCHA 8.5
- ICED FILTER 6

ENJOY LIFE

