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Kitchen menu

VEGAN BURGER \$15.50

PANINI'S \$12.50

BAGELS \$12.50

Chicken, Tuna or Ham. All served with Salad

POCKETS \$10.50

Banana, Cheese and Tomato or Ham, Cheese and Tomato

TOASTIES

- CHEESE & TOMATO \$8.50
- HAM,CHEESE & TOMATO \$9.50

ALL GLUTEN FREE ADD \$2 extra

BOREK \$5

FRITTATA \$10

MOROCCAN CHICKEN PIECES \$2

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Gourmet Salad

SMALL - \$7.00 MEDIUM - \$10.00 LARGE - \$12.50

Organic Vegetarian Salad Wrap \$13.50

Lettuce, tomato, cucumber, cheese, hommus with special
sauce

Organic Vegetarian Salad Wrap \$13.50

with Falafel, Ham, Chicken OR
Tuna.

JAMACIAN CHICKEN CURRY with rice

\$16.50

Seasonally available

SOUP

Chicken & Veg \$10.50

Leek & lentil \$9.50

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Breakfast menu

All organic or sustainably sourced

Breakfast bowl with yoghurt and fruit **\$10.50**

Porridge \$12.50

Breakfast Wrap \$13.50

cheese, spinach, tomato, egg & bacon

Two eggs on toast \$12.00

Poached, Scrambled or Fried

Extra sides \$4.50

bacon, mushroom, tomato, avocado, goats cheese or
spinach

Omelette /toast \$15.50

Smashed Avocado on Toast \$9.50

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Juices

Organic or sustainably sourced produce

\$9.50 small \$11.50 medium \$13.50 large

- **ALKALIZE ME** – Celery, cucumber, apple, lemon and greens
 - **LIVER CLEANSE** – Celery, carrots, beetroot and ginger
 - **DELICIOUS** – Apple, lemon/lime, ginger and mint.
 - **ORANGE POP** – Oranges, pineapple, apple, carrot and turmeric
 - **GINGER BOY** – Ginger, carrot and apple.
 - **SUNSHINE** – Orange, lemon, carrot, ginger and turmeric.
- **GREEN LIGHT** – Kale, cucumber, celery, cucumber, lemon and pear.
- **IMMUNE BOOST** – Celery, ginger, turmeric and cayenne pepper

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- **GREEN POWER** – Apple, kale, cucumber, celery, lemon and ginger.
- **GOLD POWER** – Celery, carrot, pear, ginger, and gold beetroot.
- **ENERGY BOOST** – Apple, lime, celery, spinach and kiwifruit.
- **GREEN CLEAN** – Celery, kale, apple, carrot and turmeric
- **SWEET & HAPPY** – Pineapple, apple, carrot, ginger, lemon, and beetroot.

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Juice of the Day

- **HIGH C** – Pineapple, papaya, kiwifruit, coconut water
small \$12.50
- **CABALA JUICE** – Carrot, apple green, beetroot,
apple yellow and apple yellow.
Small \$10.50 medium \$11.50 large \$13.50
- **GARDEN OF EDEN** – Kale, beetroot, spinach,
tomato, carrot, lemon, red capsicum and cayenne
pepper.
Small \$10.50

Make Your Own

Make your own from our range of fruit or vegetables or
add your choice of any of our bulk range or reserved
selection. eg bee pollen

Ginger & Turmeric shots \$4 Ginger Latte \$7

Fire Tonic Shots \$3

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Smoothies

Organic or sustainably sourced produce

Available with soy milk, coconut water, coconut milk, rice milk, oat milk, cows milk

or with almond milk freshly made daily in house.

\$8.50 small \$9.50 medium \$11.50 large

- **ACAI** – Acai, berries and honey
- **RAW CHOCOLATE** – Banana, raw cacao, honey, bee pollen and cacao nibs.
- **CHOC MINT** – Banana, cacao nibs, raw cacao, mint and honey.
- **BREAKFAST BOOST** – Banana, cinnamon, maca, oats and yoghurt.
- **BAOBAB** – Banana, mango, apple, orange, baobab and coconut water.
- **MATCHA** – Banana, apple, matcha, mint and coconut water.

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- **CHERRY RIPE** – Banana, raw cacao, cherries, and honey.
- **SUPERGREENS** – Banana, spinach, kale and spirulina.
- **PEANUT MACA** – Banana, peanuts, cacao nibs, cacao powder, honey and maca.

Smoothie of the Day

- **ESPRESSO** – Shot of espresso, banana, maca almond butter, cinnamon, almond milk. Only available small
\$12.50

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Espresso

	Small	Medium	Large
Flat White	\$4.00	\$4.50	\$5.00
Latte	\$4.00	\$4.50	\$5.00
Cappuccino	\$4.00	\$4.50	\$5.00
Mocha	\$4.50	\$5.00	\$5.50
Short Black	\$3.00	\$3.50	\$4.00
Long Black	\$3.50	\$4.00	\$4.50
Short Macchiato	\$3.00		
Long Macchiato	\$3.50		
Chilli Choc Chai	\$6.00		
Chai	\$4.50	\$5.00	\$6.00
Golden Latte	\$4.50	\$5.00	\$6.00
Hot Chocolate	\$4.50	\$5.00	\$6.00
Hot White Chocolate	\$4.50	\$5.00	\$6.00
Tea	\$4.00	\$4.50	\$4.50 pot

Almond milk – \$1.50. Freshly made on premise.

Soy or coconut milk – 50c