



SUMMER MENU

Fruit muffins \$2.50

Savoury scrolls with ham, cheese & oregano \$3.50

Banana & coconut bread (Vegan) \$3.50

Homemade almond & honey granola layered with Greek yoghurt & berry compote \$5

Almond milk chia pudding with Greek yoghurt & berry compote (Gfree) \$5

-Go nuts! (Add roasted almonds & cashews) +50c

Fresh cut fruit cup \$5

1/2 size fresh cut fruit cup \$3

Grilled bacon brekkie roll \$5 -Add a fried egg +\$1 -Go Gluten free +\$1

Cashew, date & cranberry Bliss balls (Gfree & Vegan) \$2

Almond, apricot & coconut oat cookies \$2

Popcorn \$1.50

Roast chicken wrap with fresh salad, slaw, cheese, mayo & fruit chutney \$7

-Go Vego with avocado n/c / -Add avocado +\$1

1/2 size roast chicken wrap with fresh salad, slaw, cheese, mayo & fruit chutney \$4

B.L.T Bacon, lettuce & tomato roll with mayo & tomato relish \$8

-Go Gluten free +\$1 / -Go Vego with avocado n/c / -Go Wholegrain roll n/c / -Add avocado +\$1

Ham & salad roll with grated carrot, cheese, mayo & tomato \$7

-Go Gluten free +\$1 / -Go Vego or with avocado n/c / -Go Wholegrain roll n/c / -Add avocado +\$1

Teriyaki chicken sushi roll with soy sauce (8 pieces) \$7.50

-Go Vego with egg omelette n/c

1/2 size teriyaki chicken sushi roll with soy sauce (4 pieces) \$4

-Go Vego with egg omelette n/c

Buddha bowl with shredded roast chicken, rice noodles, slaw, fresh salad & edamame beans

with a soy sesame dressing on the side (Gluten free) \$7.50

-Go Vegan with avocado n/c / -Add avocado +\$1

Getting started is easy!



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