



A sincere effort towards clean & green eating

SPECIALS

VEG CURRY & RICE

Basil & Coconut Curry made fresh in house and served with Hot Rice [GF/Vegan] 14

SHAKSHOUKA

*Choice of Spanish Baked Eggs/Ricotta/Tofu on bed of spiced tomato served with Sour dough [GF/DF Option]} 18.5
{Takes 20 min to prepare this dish*

HELL-O-MEE!!

*Pan fried Haloumi, Avocado, Garden Greens on a bed of homemade tomato chilli relish, & basil pesto drizzled with balsamic glaze served on Turkish bread [GF options] 14.9
-Add poached egg - \$3 extra*

GOLDEN GORILLA STRIPS

French style Bread dunked in Chickpea batter, served with cheese, spicy mint pesto & salad of the day [GF/DF options] 16.5

WICKED VEGAN OMELETTE

Made from Chickpeas, served with spicy & wicked mint chutney and salad of the day [GF/DF] 12.9

MUSHROOM BREAK

Garlic Mushrooms served with Chilli Scrambled Eggs on Turkish bread [GF/DF Option] 17.5

AVO & HUMMUS ON TOAST

Homemade delicious Hummus & Avocado Salsa on Toasted Sourdough topped with Ricotta Cheese, Garden Greens and Grilled Truss Tomato-[GF Option] 15.9

CUPP AS BENEDICT

Hashbrown, Poached Eggs, Buttered Mushrooms, Baby Spinach, Creamy Hollandaise Sauce 16.9

SPICY PANCAKE WITH COCONUT CHUTNEY

Lentil & Rice Pancakes freshly made and topped with Onions, Tomatoes, Coriander and sprinkled with spices Served hot with healthy homemade Coconut Chutney[GF/DF] 13.9

FRIITERS

Zucchini, Mint, Pea Fritters, Buckwheat Bread with Poached Egg, Homemade Dill Cream & Fresh Truss Tomato Salsa [GF/DF Option] 17.9

HOT SOUP

Soup served with sourdough [GF/DF Option] 10

ORGANIC PORRIDGE

Warm & creamy Oats porridge, seasonal fruits, maple syrup, sunflower & pumpkin seeds 8.5