

TAKEAWAY BREAKFAST

Sourdough Toast [GF +2] [VG] 5
with your choice of preserves

Eggs on toast [GF +2] [VG] 10
with your choice of free-range eggs any way
on sourdough

Granola [VG / GF] 10
Coconut yoghurt, seasonal berry compote,
gluten free granola

Breakfast Bun 10
Bacon & egg bun with hash brown, housemade
chilli-tomato chutney

Omelette 15
Free-range eggs, mushroom, fresh herbs, sourdough

Acai Bowl [VG / GF] 14
Gluten free granola, seasonal berries, banana,
chia seeds, peanut butter

Avocado on Toast [GF +2] [VG / GFO] 13
Smashed pea & avocado, cucumber, goat's cheese,
pickled radish, pomegranate, hemp seeds
on sourdough

Pumpkin Toast [GF +2] [VG / GFO] 13
Pumpkin puree, braised winter greens,
stracciatella, hazelnuts on sourdough

Sides

Avocado 4
Free-range poached egg 3
Scrambled eggs 6
Bacon 4
Roasted mushroom 4
Roasted tomato 3
Gluten free toast 3
Hot smoked salmon 5

Dietary

[VG] - Vegetarian / [GF] - Gluten Free / [GFO] - Gluten Free Option

Drinks

Chilled Drinks

Soft Drinks 4

Ginger Beer 5

Fresh Lemonade 5

Still / Sparkling water 4

Fresh Juice

Orange 8

Apple 8

Tropical 8

Coffee & Tea

Regular / Large 3.5 / 4

Extra Shot | Decaf | 0.5
Almond | Oat | Soy

Iced Latte 5

English Breakfast | Earl Grey | 4
Organic Chai | Peppermint | Green |
Lemongrass & Ginger

TAKEAWAY LUNCH

Healthy Bowls + Sandwiches *by Wholegreens*

with your choice of protein:

FALAFEL / GRILLED CHICKEN THIGH / CHILLI CON CARNE /
MISO SALMON / BEEF BRISKET / SOFT BOILED EGG / HALOUMI

Umami Bowl [VG]

Green tea soba noodles, mixed leaf, seaweed salad,
pickled ginger, edamame, sesame seeds, pickled
carrots, pineapple salsa, smashed avocado,
wasabi peas, oriental dressing

Tostada Bowl [VG]

Brown rice, black beans, mixed leaf, sweet corn,
pineapple salsa, smashed avocado, tostado, pico di
gallo, pickled radish, sourcream, jalapeno,
chipotle aioli

Southern Smoky Bowl [VG / GF]

Brown rice, mixed leaf, shredded cabbage, pickles,
coriander, pickled carrots, jalapeno, Jack cheese,
smoky bbq sauce

Mediterranean Bowl [VG]

Israeli couscous, tabouleh, falafel, mixed leaf,
pomegranate, feta cheese, za'atar roasted pumpkin,
pickled carrots, crispy chickpeas, hummus, tzatziki

Moroccan Bowl [VG]

Spiced couscous, roasted mixed vegetables,
pomegranate, raisins, almond, mint, harissa yoghurt

Lemongrass Noodle Bowl [VG / GF]

Rice noodles, mixed leaf, fresh chilli, pickled
carrots, cucumber, mint, coriander, crispy onions,
bean sprouts, Sriracha, lemongrass dressing

Masala Bowl [VG / GF]

Brown rice, baby spinach, chickpea dahl, chat
potato, pomegranate, turmeric cauliflower, pickled
radish, mint yoghurt dressing

with your choice of bread:

VIENNA LOAF / SOURDOUGH / WRAP / GLUTEN FREE

Crumbed Chicken

with iceberg lettuce, rocket, tomato,
Swiss cheese, spicy aioli

Grilled Chicken

with iceberg lettuce, smashed avocado,
tomato, cucumber, herb mayo

Beef Brisket

with slaw, mixed leaf, Jack cheese, aioli,
smoky bbq sauce

Smoked Salmon

with iceberg lettuce, rocket, cucumber,
lemon chive mayo

Smashed Avocado & Sweet Corn [V]

with cucumber, maple carrots, alfalfa,
beetroot hummus

Falafel [VG]

with tabouleh, pickled chilli, hummus,
yoghurt dressing

Pastas

Gnocchi al Funghi [VG]

Pan-fried potato gnocchi, mixed
mushrooms, butter & chilli

Gnocchi di Zucca [VG]

Pan-fried potato gnocchi, pumpkin puree,
stracciatella, hazelnut, burnt sage butter

Pappardelle Ragu

8 hour braised lamb & beef ragu,
pappardelle, gremolata, aged parmesan



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