

NEWS T E A D P R O V I D R E

light bites



Breakfasty Stuff

housemade granola jar 100g (gf/df/vegan) \$4.95

organic porridge | figs | sultanas | cacao nibs | maple syrup (df/vegan) \$6.95

organic porridge | currants | apple | cinnamon | coconut sugar (df/vegan) \$6.95

extras: milk \$1 | cream \$1 | honey \$1

organic bircher | coyo natural | berries | nuts | seeds sprinkle (df/vegan) \$9.95

pear soaked bircher | rhubarb | activated buckwheat (df/vegan) \$9.95

coconut chia | strawberry | kubu | gingerbread | cacao nibs (gf/df/vegan) \$9.95

vanilla bean chia | cinnamon | apple | buckwheat crumble (gf/df/vegan) \$9.95

Pastries & Muffins

fresh fruit muffin \$4.5

plain croissant | escargot (raisins & crème pâtissière) \$5

gluten free savoury muffin \$5.5

chocolate croissant \$6.5

almond croissant \$7.5

ham & cheese croissant \$9

Salads & Light Lunch \$12.95

see blackboard/fridge for today's selection

Toasted Sandwiches \$9.5

Brekky Toastie - bacon | cheese omlette | tomato relish | sweet chilli mayo | turkish

Vego - falafel | tabouleh | hommus | tahini | lettuce | sourdough (vegan)

Chicken - cabbage & lime slaw | peri peri mayo | jalapeno | turkish roll

Beef - Bresaola (air dried beef) | Elbo cheese | sauerkraut | honey mustard | sourdough

Smoked Leg Ham - vintage cheddar | chipotle mayo | tomato relish | sourdough

live life local

