

BREAKFAST

TOAST 5.9

Your choice of sourdough or multigrain with butter & your choice of condiments: strawberry jam, Vegemite, peanut butter or Nutella.

Gluten-free toast +1.0

Fruit toast +1.0

ACAI BOWL 12.9

Acai with banana, mixed berries, peanut butter, topped with house-made nutty granola, fresh fruit, coconut flakes and chia seeds (VE)

NUTTY GRANOLA 12.5

House-made granola served with organic natural yoghurt & seasonal fruit (milk available on request) (V)

SUMMER BRIOCHE FRENCH TOAST 14.9

Brioche French toast topped with berry & vanilla compote, finished off with ice cream (V)

LUNCH

GARLIC & CHILLI PRAWN PAPPARDELLE 16.9

Pappardelle pasta tossed with garlic & chilli prawns, drizzled with olive oil served with crispy leaks & cherry tomatoes

SALT & PEPPER CALAMARI 16.9

Fried calamari tossed with pink flaked sea salt, with a side of citrus salsa & snow pea salad (GF)

EGGPLANT STACK 16.9

Panko-crumbed eggplant, served with roasted tomatoes, Danish feta & rocket, drizzled with balsamic mayonnaise (V)

POTATO HASH 16.5

House-made potato hash, served with crispy smoked bacon & poached eggs on a bed of rocket, finished off with a Napoli & roasted tomato reduction (GF)

ZUCCHINI & CORN FRITTERS 14.9

Crispy fritters served with a tomato relish & rocket, poached egg, topped with horseradish crème fraîche

Bacon + 4.0

Smoked salmon +4.0

BREKKY BRUSCHETTA 14.9

Crunchy ciabatta topped with smashed avocado, roasted heirloom tomatoes, poached eggs, Danish feta & rocket, drizzled with balsamic reduction (V)

CHICKEN PARMIGIANA 16.9

Chicken parmigiana served with a lemon & fennel confit, asparagus, baby spinach & endive salad

BLACK ANGUS BURGER 17.9

Buttermilk bun with a Angus beef patty, crispy smoked bacon, caramelised onion, cheddar cheese, rocket, tomato and chipotle mayonnaise, served with thick cut fries

PESTO CHICKEN BURGER 17.9

Buttermilk bun with grilled pesto chicken breast, crispy smoked bacon, tomato, cos lettuce, Swiss cheese & mayonnaise, served with thick cut fries.

BREAKFAST BAGEL 15.9

Wild mushrooms sautéed in herbed butter with poached eggs goats cheese, served on a toasted bagel (V)

EGGS BENNY 15.9

Toasted potato & rosemary bread, crispy smoked bacon, poached eggs & topped with our house-made apple cider hollandaise

THE ATLANTIC 16.9

Smoked salmon served with sourdough, topped with smashed avocado, poached eggs, crème fraîche, dukkah & chipotle mayonnaise

EGGS ANY STYLE 8.9

Scrambled, fried or poached eggs on sourdough toast (V)

EXTRAS

Bacon / avocado / smoked salmon / house-made hash brown +4.0

Spinach / mushroom/ tomato / egg / goats cheese +3.0

PLEASE COME TO THE COUNTER TO PLACE YOUR ORDER

V - VEGETARIAN VE - VEGAN GF - GLUTEN FREE

SUPAGRINO

COLD DRINKS

SUPAGRIND SMOOTHIES 7.9

GO GO BREKKY

Banana, mango, passionfruit, oats, yoghurt, coconut water

BERRY GOOD DAY

Mixed berry, oats, chia, almonds, yoghurt, coconut water

NUTS ABOUT YOU

Peanut butter, banana, cacao, almond milk (VE)

TROPIC THUNDER

Strawberry, pineapple, mango, apple juice, yoghurt

ACAI

Acai, mixed berry, coconut water, peanut butter, crushed ice

HOT DRINKS

BLACK COFFEE 3.7

Ask about our single origin of the week!

MILK COFFEE 3.8

Mug 4.2

NUTELLA MOCHA 4.5

HOT CHOCOLATE 3.8

BELGIAN HOT CHOCOLATE 5.0

A mix of Belgium's finest milk chocolate callets melted in a warm creamy milk

BASIC SMOOTHIES 6.9

Banana, honey, yoghurt, milk

Mixed berry, honey, yoghurt, milk

Mango, yoghurt, milk

Extra fruit +1.0

MILKSHAKES 5.9

Chocolate / caramel / strawberry / vanilla

Thickshake +1.0

ICED COFFEE / ICED CHOCOLATE / MOCHA 5.9

PRANA CHAI 5.5

(brewed with soy, other milk available on request)

TEA POT 4.0

English breakfast / Supreme earl grey

Peppermint / Chamomile / Spring green

Honeydew green / Lemon grass & ginger

EXTRAS

Bonsoy / lactose-free / almond +50c

Strong or decaf +50c

House-made almond milk +1

JUICES 6.9

GO GREEN

Spinach, kale, celery, lemon, apple, cucumber, ginger

HEALTHY THINKER

Beetroot, apple, carrot, ginger

SUN KISSED

Watermelon, apple, orange, lemon

SUMMER TANG

Pineapple, apple, mint, lemon

CREATE YOUR OWN

(choose 1-3 fruits or veggies)

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SUPAGRIND