



ALL DAY BREAKFAST

BACON & EGG ROLL 7.00

BACON, EGG, BBQ SAUCE
ON A MILK BUN

BREAKFAST WRAP 7.00

BACON, EGG, HASHBROWN, BBQ
SAUCE ON A WRAP

VEGAN BREAKFAST WRAP 7.00

GRILLED MUSHROOM, HASHBROWN,
BABY SPINACH AND VEGAN AIOLI

SMASHED AVO ON TOAST 7.00

WITH CRUMBLLED FETA

SIDES

HASH BROWN 1.50

SIDE OF FRIES 3.00

LARGE FRIES 6.00

SWEET POTATO FRIES 7.00

TOMATO SAUCE 0.50

BBQ SAUCE 0.50

GRAVY 1.00

AIOLI 1.00

LUNCH

THE GOOD WRAP 8.00

KALE AND QUINOA PATTIE,
BEETROOT RELISH, SLAW, VEGAN
AIOLI AND AVO

CAESAR SALAD 10.00

CRISPY COS LETTUCE, BACON
BITS, CROUTONS, PARMESAN
CHEESE AND CAESAR DRESSING
ADD CHICKEN \$4
ADD CALAMARI \$5

THE NOURISH BOWL 10.00

SLAW, PICKLED VEG, CHERRY
TOMATO, HUMMUS, PITA BREAD
AND BABY SPINACH
ADD CHICKEN \$4
ADD FALAFEL \$4

CHICKEN SCHNITZEL 15.00

CRUMBED CHICKEN SCHNITZEL,
CHIPS,
SLAW AND GRAVY

250G RUMP STEAK 16.00

GRASS FED 250G RUMP STEAK,
SLAW, CHIPS AND GRAVY

CALAMARI & CHIPS 12.00

TENDER FRIED SQUID, SLAW,
CHIPS AND AIOLI

BURGERS

CHEESEBURGER 12.00

BEEF PATTIE, CHEESE, LETTUCE, TOMATO
AND TOMATO SAUCE ON A MILK BUN
*VEGAN OPTION AVAILABLE

CAJUN CHICKEN BURGER 12.00

CAJUN SPICED CHICKEN, SLAW, CHEESE
AND BBQ SAUCE ON A MILK BUN

HALLOUMI BURGER 12.00

HALLOUMI CHEESE, SLAW, AVO,
RED ONION AND AIOLI ON A MILK BUN

GLUTEN FREE, DAIRY FREE AND VEGAN
OPTIONS AVAILABLE. PLEASE ASK THE STAFF

OPEN MONDAY TO FRIDAY
8AM TO 4:00PM



HOT DRINKS

S \$4.50 M \$5

COFFEE

Cappuccino
Flat White
Latte
Long Black
Short Black
Mocha
Chai Latte
Hot Chocolate
Macchiato
Piccolo

TEAS

English Breakfast
Earl Grey
Chai
Peppermint
Green

ALTERNATIVE 0.50

MILKS

Soy
Almond
Oat
Lactose free

SYRUPS 0.50

Caramel
Vanilla
Hazelnut

ICED DRINKS

OS \$7.50

ICED LATTE
ICED CHOCOLATE
ICED MOCHA
ICED CHAI
ICED LONG BLACK

TAKEAWAY COFFEE

S \$4.50 M \$5 L \$6

Cappuccino
Flat White
Latte
Long Black
Short Black
Mocha
Chai Latte
Hot Chocolate
Macchiato
Piccolo

ALTERNATIVE 0.50
MILKS

Soy
Almond
Oat
Lactose free

GLUTEN FREE, DAIRY FREE AND
VEGAN OPTIONS AVAILABLE. PLEASE
ASK THE STAFF

OPEN MONDAY TO FRIDAY 8AM
TO 4:00PM