



## Coffee

Short black, long black, americano	\$4.5
Flat white, latte, mocha, cappuccino	\$5 (S) \$5.30 (R) \$5.80(L)
Iced coffee/ chocolate	\$8
Gusto hot chocolate	\$5.50 (S) \$5.80 (R) \$6.30 (L)
Add on flavours – Vanilla, caramel, hazelnut	\$0.80
Non-dairy milk – Soy, coconut, almond, oat	\$0.80

## Shakes & Smoothies

Kit kat/ oreo milk/ mocha/caramel	\$9
Turmeric Turmeric, dates, chia seeds, ice cream, milk	
Vegan shake	\$9.50
<b>Smoothies</b>	\$11
Lady jane Mango, pineapple, banana, coconut ice cream, raw honey, almond milk	
Maddog Almond milk, coconut icecream, cocoa, dates, banana, maple syrup	
Red head meg Mix berries, goji berries, açai, banana, chia seeds, coconut nectar, coconut water	
Green grass Spinach, kale, lemon, pineapple, banana, super green, coconut water	
Charlie + chocolate factory Banana, avocado, coconut ice cream, cocoa, maple syrup, coconut milk	
<b>Bowl</b> Topped with Granola, chia seeds, coconut	\$15

## All day Breakfast

Toast With butter & Jam/ Marmalade	\$10
With avocado mash	\$12
With poached eggs	\$14
– Add bacon	\$5
Oats Pancakes blueberry and banana, maple syrup, cream or ice cream.	\$16
– Add bacon	\$5
French toast blueberry and banana, maple syrup, cream or ice cream.	\$16
– Add bacon	\$5
Benedict – poached eggs topped with hollandaise Salmon, Ham or bacon, mushroom on muffin	\$21
– Add Bread or replace with rosti	\$2.50
– Add spinach	\$5
Healing scrambled eggs on toast Egg cooked with turmeric, tomato, onion	\$16.50
– Add bacon, avocado, salmon, halloumi	\$5
Vegan full breakfast Chickpea Scrambled, tomato, spinach, mushroom, rosti, vegan mozzarella with toast	\$22.50
Full breakfast Eggs your choice, bacon, sausage, rosti, tomato, mushroom, with toast.	\$24.50
– Add spinach & halloumi	\$5

## Merchandise

Gusto hot chocolate 250gm	\$8.50
Able coffee beans 250gm	\$12.50
Keep cups 8oz	\$28.50
12oz	\$32

## Cabinet

Scones	\$4.50	<b>Savouries</b>		<b>Sweets</b>	
Muffins	\$5	Pies	\$6.80	Keto peanut butter	\$7.50
Cookies	\$4	Bacon & egg pie	\$6.80	Keto chocolate fudge	\$7.50
Vegan cookies	\$4.50	Filled croissant	\$9	Keto raw treats	\$7.50
Bliss balls	\$4	Filled panini	\$9	Keto cupcakes	\$7.50
Almond croissant	\$8	Filled bagel	\$8.50	Vegan brownie	\$5.80
		Vegan stuffed capsicum	\$9.50	Lemon cheesecake	\$8
		Vegan tortilla stack	\$9.50	GF friand	\$5.50
		Vegan Quesadilla	\$9.50	Lolly cake	\$5
		Keto cauliflower baked	\$10.50	Hedge hog slice	\$5.50
		Keto veg pie	\$10.50	Ginger crunch	\$5.50
		Cauliflower pizza slice	\$7.50		
		Salmon quiche	\$9.50		



## - Lunch menu -

10.30am - 2pm

## Mains

<b>Beetroot, corn &amp; chickpea salad</b>	\$16
Red onion, tomato, olives, feta, with turmeric pickle	
- Add smoked salmon, avocado, or poached egg	\$5
<b>Fish &amp; chips</b> (GF option available)	\$24
Homemade battered fish with halloumi chips, coleslaw and homemade tartare sauce	
<b>Beef burger</b>	\$15.50
Beef patty, bacon, gherkins, cheese, lettuce, onion, BBQ sauce	
- Add halloumi chips (4 sticks)	\$7
-Add salad/ fries	\$5
<b>Vegan burger</b>	\$16
Chickpea batter tofu, hummus, tomato, lettuce, beetroot kimchi, sriracha mayo	
-Add halloumi chips (4 sticks)	\$7
-Add salad/ fries	\$5
<b>Turmeric cafe Risotto</b>	\$22
Our version of risotto made with brown rice and quinoa, olives, cheesen choice of chicken, salmon, mushrooms or tofu (VEGAN option available)	
<b>Keto salmon fish cake</b>	\$30
100% salmon with skin, marinated with herbs and spices, served with spinach and broccoli cooked in ghee with Greek yoghurt and lemon dressing	

## Toasties with cheese

TWO CHOICES	\$10
THREE CHOICES	\$12
FOUR CHOICES	\$14
Meat option – chicken, beef, ham, bacon	
Vege option – spinach, mushroom, tomato, onion, pineapple	
Bread – sourdough, multigrain, panini, croissant	
Sauce – Japanese mayo, sweet chilli, garlic aioli, vegan mayo, sriracha, bbq, tomato sauce	

## Bowl of goodness

\$20
Served with brown rice and quinoa, cucumber, kumara, potato, corn, beetroot and turmeric pickle and vege broth
Choice of add-on chicken, salmon, poached egg or falafel
Choice of sauce - japanese mayo / sweet chilli / vegan mayo / sriracha / garlic aioli

## Kids

ALL \$10

Mini pancake
Chicken nuggets with fries
Mac and cheese slice with tomato sauce
Fries with tomato sauce
Crumbed brownie with ice cream

