



Menu Code/Key:
GF = Gluten Free **V** = Vegan
DF = Dairy Free **VEG** = Vegetarian
EF = Egg Free **O** = Optional

Breakfast 8am - 3pm Daily

Hot Breakfast


- Toast:** (VEG/VO/GFO) \$8.50
With House made Berry & Chia Jam, Vegemite or Peanut Butter.
- Fruit Toast:** (VEG/VO/GFO) \$9.50
Date & Apricot loaf with House made, Berry & Chia Jam or Peanut Butter.
- Porridge** (VEG/VO/GFO) \$9.50
Traditional Oats with Cinnamon Infused Honey.
- Eggs on Toast:** (VEG/GFO/DFO) \$12.00
2 Eggs Poached, Scrambled or Fried on toasted Sourdough.
+ Free Range Bacon +\$5.00
+ Avocado +\$5.00
+ Mushrooms +\$4.00
- Organic Green Mash Up:**
(VEG/VO/GFO) \$19.00
Sautéed Organic Greens, Broccoli, Asparagus, Roasted Pumpkin, Shitake and a Poached Egg on Toasted Sourdough spread with an Avocado and Lemon Puree.
- Slow Braised Beans:** (V/GFO) \$19.00
Four Bean mix in an Iranian Tomato Sauce served with Coriander and Toasted Sourdough.
+ Feta +\$3.00
+ Poached Egg +\$3.00
- Smashed Avocado:** (V/GFO) \$12.50/\$19.50
Served with Pickled Carrot, Toasted Seeds and a Dehydrated Olive Crumb on Toasted Sourdough.
+ Feta +\$3.00
+ Poached Egg +\$3.00
- Sautéed Mushrooms:** (V/GFO) \$19.50
Served with Organic Greens, Asparagus and Dukkha on Toasted Sourdough spread with Mushroom Jam.
+ Poached Egg +\$3.00
- Buckwheat Pancakes** (V/GF) \$22.50
With Fresh Fruit, Maple Syrup, Berry Compote and Coconut Ice Cream.
- Vegan Big Breakfast:** (V/GFO) \$22.50
Mushrooms, Wilted Greens, Turmeric Tofu, House Beans, Relish, Sauerkraut & Toasted Sourdough spread with Mushroom Jam & Avocado Puree.


Build your own Meal

- \$5.00 Free Range **Bacon**, 2 x Eggs **Scrambled, Toast** (2 slices), **Avocado, Coconut Ice Cream, COYO** (Coconut Yoghurt), **Coconut Tzatziki, Maple Syrup, Coconut Chipotle Sauce, Falafels (3)**
- \$4.00 House **Beans, Mushrooms**, Organic Wilted **Greens, Grilled Tomato, Fresh Fruit**
- \$3.00 Single **Egg** (Poached or Fried), Almond **Hummus**, House **Relish, Feta, Turmeric Tofu**, Buckwheat **Granola, Berry Compote, Jalapeno Salsa**

Cold Breakfast

- Acai Bowl:** (V/GF) \$17.00
Antioxidant rich Acai Berry, Blueberry and Banana topped with Buckwheat Granola, Coconut Flakes and fresh Fruit.
- Dragon Fruit Bowl:** (V/GF) \$17.00
Superfood Pitaya (Dragon Fruit), Mango, Banana and Passionfruit topped with Buckwheat Granola, Coconut Flakes and fresh Fruit.
- Tropical Bowl:** (V/GF) \$17.00
Mango, Banana, and Pineapple topped with Buckwheat Granola, Coconut Flakes and fresh Fruit.
- GYC Breakfast Bowl:** (V/GF) \$17.00
Specialty blend of Buckwheat Granola, Fresh Fruit, Coconut Yoghurt & Berry Compote.

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Lunch

Soup of the Day: (V/VEGO/GFO) \$10.00
See Blackboard or ask our team about today's Soup.

Superfood Salad: (V/GF) \$18.00
Quinoa, Cauliflower, Goji, Beetroot, Kale, Chilli, Pickled Grapes, toasted Seeds and Almond Hummus.

+ Poached Egg +\$3.00
+ Sliced Bacon +\$2.50

Buddha Bowl: (V/GF) \$17.00
Balanced meal of Whole Grains, Organic Greens, Cold Roasted Vegetables, Avocado, Turmeric Tofu, Sauerkraut and Hummus.

Add a Poached Egg +\$3.00

Burrito Bowl: (V/GF) \$19.00
Mexican inspired, Beans, Corn Salad, Jalapeno Salsa, Avocado, Spinach, Brown Rice, Coconut Chipotle sauce and Corn Chips.

+ Sliced Avocado +\$5.00
+ Feta +\$3.00

Earth Bowl: (V/GF) \$22.00
Falafels, Mushrooms, Sautéed Organic Greens, Beetroot, Sweet Potato, Toasted Chickpeas and Coconut Tzatziki.

+ extra Falafels +\$5.00
+ Turmeric Tofu +\$3.00

All Day Breakfast

Remember that our breakfast menu is available from 8am until 3pm daily.

Takeaway: All of our meals are also available takeaway.

For more information, just ask one of our friendly team.

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Lunch

8am - 3.00pm Daily

Build your own Meal

\$5.00 Free Range **Bacon**, 2 x Eggs **Scrambled**, **Toast** (2 slices), **Avocado**, **Coconut Ice Cream**, **COYO** (Coconut Yoghurt), **Coconut Tzatziki**, **Maple Syrup**, **Coconut Chipotle Sauce**, **Falafels** (3)

\$4.00 House **Beans**, **Mushrooms**, Organic Wilted **Greens**, Grilled **Tomato**, **Fresh Fruit**

\$3.00 Single **Egg** (Poached or Fried), Almond **Hummus**, House **Relish**, **Feta**, Turmeric **Tofu**, Buckwheat **Granola**, Berry **Compote**, Jalapeno **Salsa**

Savoury Cabinet

Check the savoury display cabinet for today's **Gluten Free** snacks.


Frittata, Savoury Muffins, Toasted Sandwiches and more...

Sweet Cabinet

Check the display cabinet for today's variety of Delicious **Gluten Free** Treats.

Vegan Cakes, Slices, Muffins, Cookies, Protein Balls, Chocolates and more...

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**\$10 Express Lunch
Menu**

**Monday to Friday
11.00am – 3.00pm**

Weekday \$10 Lunch Specials

Any one of the following for only \$10.00

Vegetable Frittata: (VEG/GF)
Accompanied with daily salad.

Soup of the Day: (V/VEGO/GFO)
See Blackboard or ask our team about today's Soup.
Served with Gluten Free or Sourdough Toast.

Snack Bowl: (V/GF)
Cold Roast Vegetable, Falafel, Leafy Greens and
Brown Rice.

House Bean Mix: (V/VEGO/GFO)
Braised Beans in an Iranian Tomato Sauce served
with Coriander and Toasted Sourdough or GF.

Pasta: (V/GF)
Served with Tomato and Chilli Pesto, Pumpkin,
Spinach and baby Capers.

Superfood Salad: (V/GF)
Quinoa, Cauliflower, Goji, Beetroot, Kale, Chilli,
Pickled Grapes and toasted Seeds.

Add to your Meal

\$5.00 **Toast** (2 slices), **Avocado**, **Coconut Tzatziki**, **Falafels** (3)

\$4.00 **Mushrooms**, Organic Wilted **Greens**, Grilled **Tomato**

\$3.00 Single **Poached Egg**, Almond **Hummus**, House **Relish**, **Feta**, **Turmeric Tofu**,
Jalapeno Salsa

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Coffee

	Small/Large/XL
Dine in or Takeaway	\$4.0/\$5.0/\$6.0
Black	\$4.0/\$4.5/\$5.5
Organic Full Cream	\$4.0/\$5.0/\$6.0
Organic Skim	\$4.0/\$5.0/\$6.0
Milklab Almond Milk	+\$0.5/\$1.0/\$1.5
Milklab Coconut Milk	+\$0.5/\$1.0/\$1.5
Bonsoy	+\$0.5/\$1.0/\$1.5
Decaf	+\$0.5/\$1.0/\$1.5
Extra Shot (Strong)	+\$0.5/\$0.5/\$0.5
Hot Chocolate (Vegan)	\$4.0/\$5.5/\$6.5
Mochaccino	\$4.0/\$5.5/\$6.5
Bulletproof Coffee	--/\$6.5/--

Alternative Hot Drinks

	Small/Large/XL
Prana Chai Latte	\$4.00/\$5.00/\$6.00
Turmeric Latte	\$5.00/\$6.00/\$7.00
Beetroot Latte	\$5.50/\$6.50/\$7.50
Matcha Latte	\$6.00/\$7.00/\$8.00

Tea

Ethically Traded and Certified Organic

English Breakfast, Earl Grey, Green, Peppermint, Chamomile, Lemongrass/Ginger or Liquorice/Peppermint/Fennel	\$4.00
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Beverages

Hot Drinks

House Blend

We are proudly serving our very own unique signature blend of coffee roasted by C4coffee roasters...

Regions:

Brazil, El Salvador and Costa Rica.

Profile:

Medium body espresso, lightly roasted to retain acidity and a higher caffeine content.

Description:

Green apple acidity with a clean finish reminiscent of under ripe stone fruits. With milk-based coffee's the acidity helps it to cut through the richness of the milk, highlighting the coffee flavour, it takes on a richer body with caramel, molasses and a sweetness to the finish.

Rotating Single Origin

We serve our featured single origin standard with all of our black coffees unless requested otherwise.

We rotate the region featured with our single origin to provide interest and for the opportunity to uncover some outstanding micro lots and smaller growers.

Feel free to ask the Barista about our current single origin.

Decaf

Swiss Water® process uses the elements of Green Coffee Extract, water, temperature and time to create some of the most intriguing decaf coffee. Starting with small batch unroasted coffee beans, water and Green Coffee extract are introduced, then for the next 10 hours, time and temperatures are monitored until the coffee is 99% caffeine free.

This process is 100% chemical free and the only known organic process for decaffeinating coffee.

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Beverages

Cold Drinks

Premium Smoothies

Dine in or Takeaway

Acai Berry: (V/GF) \$13.00
Antioxidant rich Acai Berry,
Blueberry and Banana with Organic
Coconut Water.

Dragon Fruit: (V/GF) \$13.00
Superfood Pitaya (Dragon Fruit),
Mango, Banana and Passionfruit with
Organic Coconut Water.

Smoothies

Dine in or Takeaway on Organic
Coconut Water.

Energise (Strawberry) \$10.00
Strawberry, Apple, Pineapple &
Date

Booster (Spinach) \$10.00
Spinach, Banana, Mango & Lemon

Detox (Blueberry) \$10.00
Blueberry, Banana & Date

Reboot (Tropical) \$10.00
Mango, Pineapple & Banana

Fresh Juice

Dine in or Takeaway \$8.00

Carrot, Orange, Lemon and Ginger

Unlike Bottled juices, this zingy
juice is packed with vitamins,
minerals, nutrients and
antioxidants.

Iced Drinks

Dine in or Takeaway

Iced Chocolate \$6.00
Iced Coffee \$6.50
Iced Mocha \$7.00

Iced Chai \$7.00
Iced Turmeric \$7.00
Iced Beetroot \$7.00
Iced Matcha \$8.00

Kombucha

Daylesford and Hepburn Mineral
Springs (300ml) \$5.50

- Bitter Lemon
- Apple
- Ginger, Lemongrass & Mango

Organic, Vegan, Gluten Free and Low
in sugar.

Waters

Add Water - Still (500mL) \$3.50
Nakd - Sparkling (300mL) \$5.00
Nakd - Sparkling (500mL) \$7.00
Organic Coconut Water (330mL) \$4.00
Organic Coconut Water (1L) \$8.00

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