

SUPER BOWLS & COCOWHIP

15

SUPER BOWLS

DF, VG, GF (except for chocolate granola)

ORIGINAL

/ acai, banana, mixed berries, almond mylk, topped with your choice of granola, seasonal fruit & coconut flakes

CALYPSO

/ acai, mango, passionfruit, mint, pine, strawberries, topped with regular granola, strawberry, kiwi, coconut flakes & passionfruit

RECOVERY

/ acai, spinach, raw protein, banana, blueberries, coconut water, topped with caramelised bukini, strawberry, kiwi, coconut yoghurt, chia seeds & goji berries

LAMINGTON

/ acai, strawberry, raspberry, banana, cacao, coconut, coconut mylk topped with chocolate granola*, strawberry, coconut yoghurt, cacao sauce, strawberry jam, coconut flakes & cacao nibs

SNICKERS

/ acai, banana, peanut butter, cacao, almond mylk, topped with chocolate granola*, banana, coconut yoghurt, cacao sauce, caramel sauce, cacao nibs & peanuts

FERRERO

/ acai, banana, house nutella, coconut mylk, topped with chocolate granola, banana, coconut yoghurt, cacao sauce, cacao nibs & hazelnuts

FRUIT CRUMBLE

/ acai, banana, strawberry, cinnamon, coconut mylk, topped with regular granola, stewed fruits, coconut yoghurt, coconut flakes & almonds

COCO MUD

/ coconut flesh, banana, edible MUD, lemon myrtle, topped with caramelised bukini, banana, passionfruit, coconut yoghurt & coconut flakes
*edible bentonite clay mud can neutralise bacteria in the gut and assist in alleviating digestive issues

DF / DAIRY FREE

GF / GLUTEN FREE

VG / VEGAN

DFO / DAIRY FREE OPTION

GFO / GLUTEN FREE OPTION

VGO / VEGAN OPTION

COCOWHIP

Cocowhip is a coconut water based soft serve rich in probiotics for gut and intestinal health. It is 100% gluten free, dairy free & vegan.

Natural	6
Add cacao sauce, caramel sauce or jam	+2
Add granola of choice	+2
Cocowhip as an add on / kids serve	+4

COCOWHIP SUNDAES

DF, VG, GF

FRUIT TINGLE	9
/ fresh fruit, coconut flakes	
STRAWBERRIES & CREAM	10
/ strawberries, jam, coconut flakes	
WARM CRUMBLE	10
/ stewed fruits, caramel sauce, almonds	
LAMINGTON	10
/ strawberries, cacao sauce, jam, coconut flakes	
FERRERO	10
/ strawberries, cacao sauce, cacao nibs, hazelnuts	
CHOC BROWNIE	12
/ raw brownie, cacao sauce, cacao nibs	
SNICKERS	12
/ raw snickers slice, caramel sauce, cacao nibs	

GRANOLA OPTIONS

Regular / quinoa flakes, coconut, almonds

Chocolate / rolled oats, almonds, vegan choc chips, cacao (*not GF)

Caramelised Bukini / buckwheat, coconut sugar, maca, cinnamon

Rawnola / dates, quinoa flakes, coconut, cinnamon, vanilla

PLEASE ORDER AT THE COUNTER

SORRY, NO ALTERATIONS DURING BUSY PERIODS

PLEASE NOTIFY US OF ALLERGIES

ALL DAY MENU

(KITCHEN CLOSSES AT 1.30PM)

TOAST & PRESERVES <small>GFO, DF, VGO</small>		VEGGIE VITALITY <small>GF, DF, VGO</small>	17
Two slices of sourdough		/ sautéed greens tossed in walnut pesto, fermented kraut, avocado, buckwheat grouts, turmeric nut crumb & poached eggs	
with butter or natural peanut butter	7	Vegan? Swap the eggs for falafel	
with house nutella, almond butter or berry jam	9		
HOUSE BANANA BREAD <small>GF, DF</small>		LOADED TOAST <small>GFO, DF, VGO</small>	17
/ Toasted with butter	8	/ sourdough, beetroot hummus, avocado, roast pumpkin, wilted spinach, poached eggs & dukkah	
/ Toasted with natural peanut butter or almond butter	9	Vegan? Swap the eggs for falafel	
/ Toasted with house nutella & strawberries	12		
CRUMBLE BIRCHER <small>VG, DF</small>	15	SMOKED TROUT BURGER <small>GF, DF</small>	17.5
/ coconut soaked oats, warm stewed fruits, coconut yoghurt, almond butter crumble, toasted coconut & ginger caramel		/ quinoa bun, avocado, dill aioli, rocket, smoked trout & a fried egg	
COCOWHIP BREAKFAST BOWL <small>GF, DF, VG</small>	16	VEGGIE BURGER <small>GF, DF, VG</small>	17
/ probiotic rich coconut soft serve, topped with granola of choice, seasonal fruit & coconut flakes		/ quinoa bun, avocado, beetroot hummus, spinach, fermented kraut, veggie patty & dill aioli	
ETON MESS GRANOLA <small>GF, DF, VG</small>	15	THE INDECISIVE	20
/ nutty granola, coconut yoghurt, strawberries 3 ways, dehydrated meringue & toasted coconut		/ one slice of Super Avo, a mini Eton Mess Granola or Crumble Bircher, a mini OJ and a protein ball	
PEARFECT PANCAKES <small>GF, DF</small>	17.5	SPECIALS	
/ pancakes, maple baked pears, berries, chocolate sauce, ginger caramel, spiced crumb, roasted hazelnuts & cacao nibs		Please see our chalkboard for daily specials	
SUPER AVO <small>GFO*, DF, VG</small>	15	NOT ENOUGH?	
/ sourdough, smashed avo, toasted almond dukkah, salsa verde & black sesame dipped lemon		Gluten Free Toast (2 slices)	+2
		1 free range egg your way, Fermented Kraut	+3
		Hummus, Spinach	+4
		2 free range eggs your way	+4.5
		Meredith Goat's Fetta, Falafels, Avocado, Haloumi	+4.5
		Smoked Trout	+5
FREE RANGE EGGS <small>GFO, DF</small>	12	MINI ME (CHILDREN 12 AND UNDER)	
/ sourdough, eggs your way, salsa verde & leaves		Kids Juices (any juice) or Smoothie (Banana or Choc)	6
MYLK BENE <small>GF, DF</small>	16.5	Peanut Butter Toast	5
/ savoury waffle, rocket, poached eggs, avocado hollandaise & crunchy turmeric quinoa		Fried Egg on Toast	8
		Pancakes with maple syrup & fresh fruit	10

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