

## COLD DRINKS

### VEGGIE JUICE

seasonal veggie juice blend 8.5

### FRUIT JUICE

seasonal fruit juice blend 8.5

### COCONUT WATER

pure hydrating coconut water 5

### ICED CHOCOLATE / ICED COFFEE

chocolate or coffee with coconut ice cream and choice of milk 9.5

### ICED SOY CHAI

with coconut nectar on ice 6

### ICED LATTE

coffee, choice of milk, ice 5 / 6

### COCO AFFOGATO

double espresso poured over vegan coconut ice cream VE 7

### KOMBUCHA ON TAP

see board for today's flavours

glass 7 / 1 litre carafe 14

1 litre take home bottle 16 / refill 14

### BEETROOT KVASS

lightly sparkling, slightly salty, wild fermented beetroot drink, full of beneficial vitamins, minerals and probiotics 7

### SPARKLING MINERAL WATER

glass 3 / carafe 5

## SMOOTHIES

### CHOC MINT

cacao, peppermint oil, banana, soy 9.5

### BLUE LUNA

blueberries, banana, soy milk, coconut nectar 9.5

### MOMO LASSI

mango, passionfruit, cardamom, coconut milk 9.5

### GREENIE

mango, mint, spinach, coconut water, banana, passionfruit 9.5

### PEANUTTIE

roasted peanuts, banana, coconut milk 9.5 add cacao +1

### ADD ONS

+ espresso shot +1

+superfeast medicinal mushrooms +2

## HOT TONICS

### WINTER TONIC

fresh turmeric & ginger, lemon, hot water, cayenne, coconut nectar 7

### MUSHROOM CACAO TONIC

Mason's medicinal mushroom powder, coconut milk, raw cacao 6

### GOLDEN TURMERIC LATTE

spiced coconut turmeric milk 6

### HOT CAROB TONIC

carob, cayenne, coconut milk 6

## COFFEE

### LOCALLY ROASTED BY

UNISON COFFEE ROASTERS

flat white / cappuccino / latte 5

long black 4.5 / piccolo 4

espresso / macchiato 4

mocha 5 / babycino 2

### MILK OPTIONS

oat | bonsoy | coconut | dairy

decaf +50c extra shot +1 large +1

### HOT CHOCOLATE

organic cocoa, organic raw sugar 5 / 6

### COLD BREW COFFEE

12 hour cold brew on ice

(black or with choice of milk) 6

## TEA

### MOMO CHAI

brewed on soy milk with whole spices,

organic black tea 5 / 6

add honey or coconut nectar +50c

### ORGANIC TEAS | 6

english breakfast

earl grey

green tea

summer blend (lemon myrtle, lemon verbena, liquorice root)

lighthouse mint (spearmint, peppermint, lavender)

nourish blend (chamomile, lavender, lemon verbena, rose petal, rose bud)

\*please be aware that all our blenders process nuts and may not be suitable for allergies\*

# FOOD all day menu

PLEASE ORDER AT THE COUNTER

## CRUMPETS

homemade crumpets, seasonal fruit, berry jam, whipped homemade coconut yoghurt, sweet dukkah  
VE | 18

## GRANOLA

roasted fig, tahini & almond granola, whipped coconut yoghurt, fresh fruit  
VE | 18

## SCRAMBLE ON SOURDOUGH

creamy scrambled tofu with baby spinach, sourdough toast, kasundi  
VE 17 / GF buckwheat bread 19  
+ mushrooms + 5  
+ sautéed greens + 5

## INDIAN BREAKFAST

bhujia tofu scramble, masala spiced potatoes, green chilli sauce, flatbread  
VE 21 / GF buckwheat bread 23

## WHITE BEAN TOAST

herbed white bean puree, local pickled vegetables, roasted pepitas, herb oil, sourdough  
VE 16 / GF buckwheat bread 18

## BREAKFAST PLATE

1 slice of house seedy buckwheat bread, sautéed greens, turmeric cashew cheese, house ferments  
VE GF | 18

## SAN CHOY BOW

tofu & shiitake mushrooms, cos lettuce, fresh chilli, roasted peanuts, sprouts, pickled veg, shallots  
VE GF | 23

## SATAY TEMPEH SKEWERS

locally made tempeh skewers, peanut chilli sauce, turmeric rice, coconut green bean, spinach, sprout salad, coriander, shallots, pickled onion, chilli  
VE GF | 24

## BANH XEO

Vietnamese coconut & rice flour crepe, grilled seasonal veg, organic tofu, mint, sprouts, shallots, nuoc mam sauce  
VE GF | 19

## MUSHROOM BURGER

oven roasted mushroom, carrot, lettuce, alfalfa sprouts, romesco sauce, lemon mayo, uprising sourdough bun  
VE 19 / on GF bun 20.5

## VEGGIE MOMOS

handmade steamed Tibetan dumplings filled with tofu & vegetables, with chilli oil & sesame soy dipping sauce  
VE | 20

## TEMPEH SALAD WRAP

marinated tempeh, carrot, beetroot, cucumber, rocket, alfalfa sprouts, lemon mayo  
VE 17 / GF wrap 19

## HUMMUS BOWL

roasted spiced seasonal vegetables, hummus, kraut & kale salad, pickles, toasted almonds, chilli oil, za'atar  
VE GF / 23  
add flatbread 4 / buckwheat bread 5

## SOURDOUGH TOAST

2 slices uprising sourdough toast, any two condiments (extras 50c)  
butter / vegan butter / jam / honey  
peanut butter / vegemite 9

## FRUIT TOAST

uprising fruit & walnut toast  
w/ dairy butter or vegan butter 9

## SEEDY BUCKWHEAT BREAD

our housemade gluten free bread  
one slice 5 | GF  
add a slice to a dish or combine with some sides

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## SIDES and ADD ONS

sautéed mushrooms 5  
avocado 4.5  
organic tempeh 5  
sautéed greens 5  
green chilli sauce 2  
masala potatoes 6  
herbed white bean puree 4  
turmeric cashew cheese 5  
house ferments 5  
rocket side salad 5

\*OUR KITCHEN USES MANY NUTS & SEEDS AND MAY NOT BE SUITABLE FOR ALLERGIES\*

PLEASE NOTE THAT DURING PEAK TIMES WE ARE UNABLE TO MAKE ADJUSTMENTS TO MENU ITEMS