

# ALL DAY

7.30 am - 6 pm

## SAVOURY

Eggs any style, 2pcs Poached, scrambled, boiled or fried & bread of your choice	40
Avocado on rye 2 Poached eggs, labneh, paprika, watercress & lemon	75
Breakfast salad Kale, spinach, rocket, onion, capsicum, cucumber, tomato, sweet corn, Dijon mustard & a poached egg	70
Sweet potato roesti With smashed avo, poached egg & balsamic glaze	70
Brioche toasted sandwich Smoked ham, cheese, Dijon mustard, chipotle mayo & pickles	75
Eggs Benedict with ham Poached eggs, water spinach, sauce hollandaise & English muffin	80
Cheddar cheese omelette Cheddar cheese, tomato, onion & bread of your choice	65
Breakfast wrap Scrambled eggs, spinach, bacon, mushrooms, BBQ-sauce & cheddar cheese	75

## SWEETER

Tropical fruit plate Seasonal	50
House-made granola Vanilla yoghurt, fresh strawberries, coconut & strawberry compote	55
Smoothie bowl Banana, coconut milk, dragon fruit, strawberry & granola	55
Savage pancake Strawberry, granola, orange jam & coconut ice cream	65
French toast Candied bacon, caramelized banana, coconut crumb, vanilla ice cream	75

## BREAKFAST COMBO - 120

Tropical fruit plate
Savory or sweeter breakfast
Orange juice or coconut water
Coffee or tea

## EXTRAS

Bread Sourdough, spinach & pumpkin(gf), rye or English muffin (+10)	15
Cream cheese	10
Hummus	15
Seasoned avocado & feta	25
Orange jam	10
Roasted tomato	15
Sweet potato roesti	30
Smoked ham	20
Bacon	20
Extra Egg	10

# DESSERTS

Chocolate mousse Coconut ice cream	70
White chocolate cheesecake Coconut crust & berry coulis	60
Warm apple crumble Burnt cinnamon, marinated raisins & coconut ice cream	60
Caramelized banana & pineapple Coconut sorbet & roasted almonds	60
Vegan chocolate slice Mango jam	60

# LATER

11am - 6pm

## PROTEINS

Organic coconut chicken Salsa verde, banana crumb & freshly grated coconut	55
200g Tuna fillet Pan seared with pink peppercorn & lemon aioli	70
Beef brisket, Australian Black Angus 18 hour slow cooked with beef & coconut glaze	110
Pumpkin & tofu steak Bulgar cracked wheat, chickpeas, coriander, coconut oil pesto & a hint of chilli	50

## SALADS - 55

Bulgur Tabouli Bulgur cracked wheat, basil, parsley, mint, sunflower seeds, chickpeas, cucumber & capers	
Green papaya salad Green papaya, purple cabbage, pomelo, chilli, apple, coriander, mint, peanuts & sesame seeds	
Broccoli & coconut Broccoli, coconut, apple, edamame, green beans, dried chilli & red onion	
Leafy green Basil, parsley, coriander, spinach, rocket, apple & zucchini	

## THE LUNCH COMBOS PROTEIN + SALAD + SIDE

Organic coconut chicken	110
Tuna fillet	135
Beef brisket	175
Pumpkin & tofu steak VG	110

## SIDES - 30

Hand cut potatoes	
Sweet potatoes	
Broccoli & green beans	
Sweet corn & edamame	
Pumpkin & ginger purée	
Sautéed wild mushrooms	
Roasted cauliflower & brown butter	

## LARGE

Baked and stuffed sweet potato Avocado, chickpeas, tomato, sweet corn & cashew pesto	75
Beef burger Australian beef, bacon, cheddar cheese, tomato, lettuce, onion, chipotle mayo & hand cut potatoes	75
Coconut chicken burger Chicken breast crumbed in banana flour & freshly grated coconut, bacon, cheddar cheese, tomato, lettuce, onion, chipotle mayo & hand cut potatoes	75
Veggie burger Pumpkin & tofu steak, chickpeas, sweet corn, bread crumbs, feta cheese, roasted bell peppers, tomato, lettuce, onion, chipotle mayo & hand cut potatoes	75
Chicken wrap Coconut chicken, tomato, green papaya, red cabbage, mayonnaise, cayenne pepper & hand cut potatoes	75
Pan-fried Mahi Mahi wrap Asian salad, salsa verde & hand cut potatoes with aioli	75
Slipper lobster spaghetti - Garlic, chilli, parsley & extra virgin olive oil	95

# BEVERAGE

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## COFFEE & CHAI

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Espresso or long black	25
Flat white, cappuccino or macchiato	30
Cold brew coffee	50
Bulletproof coffee	40
Date or chocolate	
Chai latte	30
Charcoal or matcha	+10
Extra large coffee	+15
Served with almond or coconut milk	+10
Brew Me Tea (hot / iced)	30
Jasmine	
Ginger & Lemongrass	
English Breakfast	
Chai	
Chamomile	
Peppermint	

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## SMOOTHIES

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Tropical storm	55
Pineapple, banana, strawberry, mango, dragon fruit & coconut water	
Cacao Jambo	55
Coconut milk, raw cacao, banana, peanut butter & maple syrup	
Green power	55
Banana, spinach, pineapple, avocado & coconut water	

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## JUICE

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Red	45
Beetroot, apple, carrot, lemon & pear	
Green	45
Apple, spinach, kale, celery & ginger	
Orange	45
Carrot, apple, mandarin & turmeric	
Yellow	45
Pear, watermelon, lemon, ginger & turmeric	
Seasonal single juice	45
Orange, mango, pineapple or watermelon	

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## BEER & CIDER

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San Miguel draught, 330ml	40
Little Creatures Pilsner, Fremantle, Australia	95
Little Creatures Dog Days Session Ale, Fremantle, Australia	95
Little Creatures Bright Ale, Fremantle, Australia	95
Little Creatures Pale Ale, Fremantle, Australia	95
Summer Solstice Cream Ale, Anderson Valley, USA	120
Heelch O'Hops Double IPA, Anderson Valley, USA	150
Albens Dry Apple Cider	70

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## DRINKS

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Equil - water by bottle 380/760ml	35/70
Still or sparkling	
Konscious Kombucha, 250ml bottle	50
Mango & guava	
Passion fruit & vanilla	
Carrot, turmeric, orange & ginger	
Covita sparkling probiotic	55
Grape / Mojito / Vanilla	
Jamu with you, original turmeric, 250ml	50
Squash	30
Lime or orange	
Young coconut water, bottled or whole	35
Soft drinks	30

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## HEALTHY SHOTS

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Green ambition	25
Celery, ginger, lime & honey	
Immune recovery	25
Ginger, lemon, honey & cinnamon	
Detoxify	25
Turmeric, orange, lime, black pepper & honey	