

ALL DAY MENU

TOASTED GOODIES

PALEO BANANA BREAD (GF, VEGAN, PALEO) \$4.50

CINNAMON AND RAISIN BAGEL (GF & VEGAN) \$6.00

Check out our counter and cabinet for more delicious options

SOMETHING LIGHT-ISH

TOAST IT YOUR WAY \$6.00

Your choice of: White Sourdough, Wholemeal, Sourdough or Gluten Free bread
+ Add vegemite, homemade raspberry jam, house peanut butter or Proteini nut-ella

2 POACHED EGGS \$12.00

Poached eggs served with capsicum and eggplant relish and your choice of toast

SMASHED AVOCADO \$15.00

With cherry tomatoes, goats fetta and rocket served on sourdough toasted and topped with lemon and pink salt

PROTEINI BREAKKIE 'B.L.A.T' (GF, PALEO) \$15.00

Toasted bagel topped with baby spinach, tomatoes, grilled pulled chicken and toasted bacon pieces. Topped with smashed avocado and house relish.

SUMMER COCO-NUTTY BOWL (GF, PALEO, VEGAN) \$15.00

Crunchy Proteini Cinnamon Granola, vegan coconut 'ice cream' topped with seasonal fruits and mint

I'M HUNGRY (STORY OF MY LIFE)

PROTEINI ACAI BOWL (GF, PALEO, VEGAN) \$16.00

Frozen Acai blended with coconut water, blueberries and banana. Topped with Crunchy Proteini Cinnamon Granola and mixed fruits
+ Add Nut Butter, Vegan Protein Powder, Spinach or Probiotics \$1.00 each

SAVOURY VEGAN WAFFLES (GF, VEGAN, PALEO) \$18.00

Spiced spinach and quinoa waffles, sweet potato pieces, cherry tomatoes, avocado, and rocket. Topped with olive oil, sesame seeds and tahini aioli
+ Add poached egg \$3 or pulled pork \$4

ALL DAY MENU

I'M STILL HUNGRY

VEGAN WITH THE LOT (GF, VEGAN, PALEO) \$22.00
 A mix of raw slaw, kale, cucumber ribbons, topped with vegan cashew cheese, pumpkin, sauerkraut, avocado, sweet potato and zucchini falafel. Sprinkled with hazelnut dukkah, lemon and olive oil

PROTEINI PANCAKES (GF, VEGAN, PALEO) \$20.00
 Homemade paleo and vegan pancakes, topped with coconut yoghurt, seasonal fruit and vegan coconut 'ice cream'

MACRO BOWL (GF, PALEO) \$18.00
 Smoked salmon, quinoa and mixed greens topped with a poached egg, cashew zucchini hummus and toasted seeds

GOODIE BOWL \$18.00
 Poached eggs with sweet potato and zucchini falafel, smoked salmon and greens. Topped with avocado, cucumber and hazelnut dukkah

CAVEMAN'S BOWL \$18.00
 Pulled lemon and paprika chicken, mixed spinach and kale, avocado, pumpkin and paleo toast. Topped with nutty turmeric sauce and homemade relish

PALEO STACK (SWEET POTATO PIECES INSTEAD OF MASH) \$20.00
 Crispy kale and sweet potato pieces topped with pulled pork, poached eggs, grilled asparagus, tomato and basil pesto

ADD MORE TO ANY DISH

\$3.00 EACH Poached egg, sauerkraut, roasted sweet potato pieces, tomato, spinach or kale

\$4.00 EACH Pulled pork, lemon and paprika chicken, smoked salmon, vegan falafel, avocado, goats fetta or vegan cashew cheese

Make sure you check out our cabinet for more food options!

All our sweets are vegan, sugar, dairy and gluten free.

We are most famous for our homemade Snickers Slice

DRINKS MENU

SMOOTHIES

SUNRISE STARTER \$9.90
Pineapple, orange, lemon, vitamin C powder

WARRIOR \$9.90
Kale, broccoli, pineapple, spirulina, coconut water, ice

GREEN HYDRO \$9.90
Cucumber, coconut water, spirulina, banana, vegan protein powder

PUMP N' BURN \$9.90
Peanut butter, banana, millet, milk, cinnamon, coffee shot

MORTS \$9.90
Cocoa powder, maple syrup, hazelnuts, blueberries, milk, 2 x scoop of protein powder

VMA \$9.90
Blueberries, raspberries, maca powder, coconut yoghurt, coconut water, vita greens and protein powder

VANILLA PUDDING \$9.90
White chia seeds, banana, vanilla essence, coconut yoghurt, maple syrup, cashews, milk and ice

PROTEINI THICKSHAKE \$9.90
Banana, cocoa, dates, protein powder, vegan ice-cream, milk and roasted hazelnuts

ADD A SUPPLEMENT

EACH \$1.00
Vegan protein powder, probiotics, acai powder, Vitamin C, Maca powder or psyllium

HEALTH BOOSTER

DIGESTIVE \$3.00
A mix of raw apple cider, 100% alkaline water and probiotics

FIRE STARTER \$3.00
A mix of lemon juice and cayenne pepper

CLEANSER \$3.00
A shot of Chlorophyll (an internal detoxifier)

PICK ME UP \$3.00
A mix of lemon, Super C and turmeric, served with a slice of apple

HOME MADE BONE BROTH

SMALL \$6.00
LARGE \$10.00
A gut healing elixir, chicken bone broth slow cooked over 24 hours