



Cafe Menu

BREAKFAST

Layered granola w/ yoghurt \$8 Plover granola layered with cinnamon yoghurt, topped with strawberries
Coconut Chia Parfait \$8 Coconut chia layered with mango puree V
Bircher \$8 Housemade bircher, cranberries, sultanas & figs, topped with coconut + fresh fruit V
Brekky nourish bowl w/ haloumi \$18 All the good stuff: haloumi , quinoa, asparagus, egg, tabouleh, avo

THE WARM ONES

Salmon dill pancakes \$19 Brown rice corn fritters with smoked salmon, avocado & tahini sauce GF
Avo smash on sourdough \$17 Avocado , marinated feta , lemon with a dash of chilli salt
Porridge \$12 2 ways: 1) with stewed seasonal fruit; or 2) with candied pecans

SMOOTHIES

Choc energy \$9 Banana / Cacao nibs / Maca powder / Cashew butter / Maple syrup / Coconut milk
Banana \$9 Banana / Vanilla / Cinnamon / LSA / Dates / Soy milk
Berry \$9 Banana / Berries / LSA / Maple syrup / Soy milk
Peanut Butter \$9 Banana / Peanut Butter / Maple syrup / Almond milk
**Add protein powder or Plover tonic (stress / skin / energy) \$1

SMOOTHIE BOWLS

Acai \$11 Berries / Acai / Coconut water
Choc Maca Tahini \$11 Banana / Tahini / Avocado / Dates / Vani l la / Maca powder / Cacao / Almond milk
Green Tea Matcha \$11 Banana / Avocado / Maple syrup / Matcha / Almond milk
Topped with... Granola / Strawberries / Coconut flakes / Chopped cashews / Cacao nibs

LUNCH

Rice paper rolls
Avocado or Tofu \$8.5

Sushi
Brown rice tuna **\$8**
Brown rice vegetarian sushi **\$8**

Buddha bowl \$16 Quinoa, pumpkin, corn, avo, capsicum, asparagus + toasted nuts V, GF

Peer into the gold fridge for today's salad Small **\$8** Large **\$12**

Wraps Served fresh or toasted
Veggie Burger wrap \$16 Soy mayo, sweet chilli smashed avo + feta, semi dried tomatoes, lettuce V
Mexican Bean wrap \$18 Mushroom and black beans in Chipotle sauce with avo V Baguettes Toasted
Egg brioche \$15 Egg, relish, Masdaam cheese
Roast Pumpkin baguette \$16 Semi sundr ied tomatoes, pine nuts, rocket, pesto, mayo V
Avo Bocconcini baguette \$16 Avo, bocconcini, sliced tomato, basil
Turkey Brie baguette \$16 With rocket and cranberry sauce

WINTER MEALS

Soup of the day V, GF \$10 Add toasted turkish or gluten free bread \$1.50
Veggie stew/curry/chilli of the day \$16 Served with brown rice. Ask staff for details. V, GF
Johnny Ripe Pies
Toasties Cheese toastie \$5
Ham & cheese toast ie \$6.5
All the options, including vegan, spelt and gluten free. Served with tomato relish.
Jacket potato or sweet potato
Plain: cheese, sour cream, butter **\$14**
Plain vegan **\$15**
Slaw: red cabbage, corn, capsicum, coriander **\$15**
Stew: topped with chilli , curry or stew of the day **\$15**