

LET'S EAT FOOD



BE YOUR MEDICINE



OUR MENU IS MOSTLY ORGANIC,
AS LOCAL AS POSSIBLE
AND EVERYTHING IS GLUTEN FREE



Vegan Vegetarian Paleo

BREAKFAST

all day



A cup of lemon & herb bone broth 5
GREAT FOR YOUR GUT IN THE MORNING!

GF toast 14 / Paleo toast 17
w/ Black Gold & avo
w/ Peanut butter & berry compote
w/ No-tella spread & banana

Hempnola with almond butter, coconut
yoghurt and banana 14

Brekky bowl / eggs, mushrooms, spinach
seasonal greens, goats feta, kraut 22
[Vegan option available]
+ GF bread 2.5 or arepa 4
+ No Grainer paleo bread 3.5

2 breakfast tacos with eggs, pico de
gallo & spicy black beans 9
+ avo 4

Sweet arepa / almond butter, nice-cream,
berry compote and choc sauce 17

GO ON, BE A LITTLE EXTRA:

Egg	2.5	Black beans	3.5
Mushrooms	4	Cheesy arepa	5
Haloumi	3	Feta (goats or V)	3
Sauerkraut	3	Kimchi	3
Avo	4	Pico de gallo	3

BOWLS

from 10am

REG / LGE

Garden / tofu, brown rice, cucumber, carrot, avo,
seaweed, kimchi, sesame seeds & kimchi mayo 17 / 20

Mountain / spicy black beans, quinoa, cabbage,
pico, avo, cashew queso, corn chips, coriander 17 / 20

Pyramid / Hemp falafel, turmeric cauli, hummus, tomato,
cucumber, leafy greens, pickles, parsley, tahini 17 / 20

Temple / tempeh, zoodles, carrot, capsicum, bean
sprouts, coriander, cabbage, thai satay dressing 17 / 20

Outback / cauli rice, native spiced kangaroo, sweet
potato, sauteed greens, roasted almonds,
vegan feta, EVOO + balsamic 20 / 23

TACOS

from 10am

1 TACO / 3 TACOS

Magick / Mushrooms, cashew queso, spicy black
beans, pico de gallo 6 / 17

Fysh / Hemp jackfruit, red cabbage,
coriander, chipotle mayo 6 / 17

Chickplease / Spiced chickpeas, sweet potato,
sauteed greens, cashew queso 6 / 17

SWAP TORTILLA FOR RED CABBAGE LEAF +1

AREPAS

SAVOURY CORN 'PANGAKES'
from 10am

Pachacado / smashed avo, vegan macadamia
feta, house made kimchi, hemp seeds 14
+ egg 2.5

KEEN FOR A REGULAR SMASHED AVO ON TOAST? SWAP
THE AREPA FOR GF OR PALEO BREAD AT NO EXTRA COST

Cheesy arepa with pico de gallo 8
+ avo 4
+ egg 3.5

MAKE IT YOUR OWN

CHOOSE YOUR BOWL ADVENTURE!

1. THE BASE LINE

CHOOSE 1

Quinoa
Brown Rice
Cauliflower rice
Leafy greens
Zoodles +1

EXTRAS +3

3. TOP IT OFF

CHOOSE 1

Roasted almonds
Vegan feta
Botanical Cuisine
Goats feta
Seaweed
Parsley
Coriander
Sauerkraut
Pickles
Kimchi

EXTRAS +3

Hemp seeds Hemp
Sesame seeds

EXTRAS +2

5. GET SAUCY

CHOOSE 1

EVOO + lemon juice
Coconut balsamic
Thai satay dressing
Cashew queso
Chipotle mayo
Kimchi mayo
Creamy tahini

EXTRAS +2

REG 17 / LGE 20

2. FILL IT UP

CHOOSE 3

Carrot
Cherry tomatoes
Cucumber
Sweet potato
Turmeric cauliflower
Red cabbage
Smashed avo +1
Hummus
Pico de gallo
Sauteed greens
Corn chips

EXTRAS +3

4. STAR PLAYERS

CHOOSE 1

Hemp falafel
Chickpea tempeh
Marinated tofu
Egg (Fried, scrambled
or soft boiled)
Spiced chickpeas
Umami mushrooms
Jackfruit in hemp oil
Spicy black beans
Bush spiced roo +2

EXTRAS +3.5



COFFEE

Small coffee + milk	4.30
Med (2 shots) + milk	5
Large (3 shots) + milk	5.7
Espresso / double	3 / 3.5
Long Black	3.5
Short Mac	3.5
Long Mac	4
Mocha	5.5 / 6.5
Dirty chai	5.5 / 6.5
Decaf, extra shot	+50
Cold brew	4
Coconut brew	4.5
Add cold milk	+50
Coffee shrub / coffee brewed with coconut balsamic vinegar & coconut sugar served with soda water	6

ELIXIRS

Vegan chai	5.5 / 6
Dandelion chai	5.5 / 6
Turmeric latte	5 / 5.5
Beet for longer latte	5 / 5.5
Konomi Matcha	5 / 5.5
Hot Chocolate	5 / 5.5
Chilli Hot Choc	5 / 5.5
Carob latte	5 / 5.5
Iced Choc w/ nice cream	8
Iced Matcha w/ nice cream	8

Gingerhemp latte / our own spiced gingery blend with house-made hemp milk 5.5 / 6.5



ALL MILKS MADE EQUAL: WE DON'T CHARGE EXTRA FOR NON-DAIRY MILK BECAUSE WE THINK YOU SHOULD BE REWARDED FOR MAKING GOOD CHOICES FOR THE PLANET, NOT FINED!

ORGANIC COWS • UNSWEETENED ALMOND COCOQUENCH • BONSOY • HOUSEMADE HEMP

KETO COFFEE FUEL YOUR BRAIN WITH HIGH FATS

Original / A shot of coffee combined with MCT oil, ghee, cinnamon & turmeric	5.5
Moka / keto coffee with cacao & cinnamon	5.5
Keto-latte / coffee, MCT oil and ghee blended with milk	6
Affoketo / a double shot keto-latte served over Denada sugarfree icecream	9.5

[Vegan options available for all keto drinks]

SMOOTHIES MADE WITH COCONUT WATER UNLESS NOTED

Smurf Power / Blueberries, peanut butter, banana, cacao nibs	11
Buffed / Banana, vegan or hemp protein, peanut butter, oats, almond milk, cordyceps	13
Green Monster / Apple, kale, spinach, vital greens, banana	11
Speedy / Banana, espresso, MCT oil, almond butter, cacao nibs	11.5
No Sugar Daddy / Zucchini, avo, blueberries, spinach, almond butter, cinnamon, almond milk	11
Bananas in Hempimas / Banana, hemp protein & oil, LSA, cacao powder, cinnamon	13
Mangosarus / Banana, mango, coconut yoghurt, coconut flakes	11.5
Choc Norris / Banana, raspberries, date, cacao powder, cacao nibs	11



DRINKS

ALL DRINKS & TREATS ARE REFINED SUGAR FREE

Vegan Caffeine Free

JUICES DUE TO SEASONALITY, ITEMS MAY NOT ALWAYS BE AVAILABLE

Immunity / orange, carrot, ginger, turmeric	11
Detox / spinach, cucumber, celery, apple, lemon, mint	14
Liver / beetroot, carrot, celery, spinach, ginger	13
Hydrator / watermelon, apple, mint cucumber	11



Medical Medium / Reap the healing rewards of 100% organic celery juice 14

SMOOTHIE BOWLS

Jungle / Banana, acai, mixed berries & coyo	14
Aztec / Zucchini, banana, peanut butter, cacao powder, chia seeds, coyo	14
Mayan / Mango, banana, spinach, zucchini & ginger	14

SPIKE YOUR DRINK:

Masons Mushrooms	3	Vegan protein	2
Cordyceps	3	Hemp protein	2
MCT oil	3	Peanut butter	2.5
Local honey	.5	Almond butter	2.5
Keto icecream	2.5	Maca	2
Coconut Icecream	2.5	Vital Greens	2
Hemp seeds	2	Spirulina	2
Hemp oil	2	Ghee	2