



you can order and pay  
from your table using  
the QR code

## good vibes great coffee conscious eating

<b>Banana Bread</b>	GF   DF	6
house made with love - banana bread toasted with coconut butter & cinnamon		
<b>Toasted Croissant</b>		
• leg ham & cheddar		8
• leg ham, cheddar & tomato		9
• leg ham, cheddar & avocado		10
• cheese & tomato		7.5
• local organic jam & butter		7
• choc hazelnut croissant		7
• almond croissant		6.5
<b>Buddina Bite</b>		8
caramelised onion, smoked ham, swiss cheese, scrambled egg & bbq sauce		
<b>Breakfast Wrap</b>		13
herbed egg, hashbrown, smokey ham, caramelised onion, bbq sauce, spinach & cheese		
<b>Chicken Avocado Toastie</b>	GFO	13
roasted chicken, chipotle sauce, melted cheese & avocado on organic sourdough		
<b>Greenie Toastie</b>	GFO   VG	13
spinach, nutritional yeast, avocado, alfalfa sprouts & basil pesto on organic sourdough		
<b>Veg Out Toastie</b>	GFO   VG	13
spinach, tomato, beetroot hummus & vegan aioli on organic sourdough		
<b>Reuben Toastie</b>	GFO	13
beef pastrami, swiss cheese, pickles, creamy mayonnaise, mustard & sauerkraut on organic sourdough		
<b>Basil Chicken Toastie</b>	GFO	13
roasted chicken, halloumi, basil pesto & sundried tomato on organic sourdough		

<b>Toasted Sourdough</b>	GFO   VGO	H 7 / F 13
your choice of -		
• vegemite, avocado & sea salt		
• avocado, tomato & pepper		
• almond butter, banana, honey & cinnamon		
• peanut butter, jam & pistachio		
• whipped ricotta, strawberries, pistachio & honey		
• whipped ricotta, blueberry, walnut & honey		
• nutella, banana, strawberry & chia seeds		
<b>Benny Bagel Boy</b>	GFO	15
creamy hollandaise, cheese, smoked ham, fried egg, spinach, caramelised onion on a toasted bagel		
add avocado +\$2.50		
<b>Smashed Avocado</b>	GFO   VGO	17
smashed avocado, house made marinated feta on toasted sourdough with dill & lime		
add free range egg +\$2.50		
<b>Superfood Porridge</b>	GF   VG	16
your choice of traditional, blue spirulina, matcha or turmeric oats with coconut flakes, banana, seasonal fruit, hemp seeds, coconut yoghurt & honey		
add protein +\$2.00   paleo cookie crumble +\$2.00		
<b>Beetroot Avocado</b>	GFO   VGO	18
creamy beetroot hummus, avocado, hemp seeds, lemon & marinated goats feta, balsamic vinegar on a toasted bagel		
<b>Smoked Salmon</b>	GFO	20
avocado, smoked salmon fillet, ricotta, dill, capers & lemon on a toasted bagel		
add free range egg +\$2.50		

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<b>Mini Acai Flow</b>	10
small serving pure acai with granola or fruit	
<b>The Classic Acai Flow</b>	18
pure acai with fresh fruit & vegan granola	
<b>Reese's Pieces Acai Flow</b>	18
pure acai with soft peanut butter, raw choc brownie & vegan granola	
<b>Berry Ripe Acai Flow</b>	18
pure acai with raw berry crumble, choc sauce, coconut yoghurt, banana, strawberry & vegan granola	
<b>Paleo Cookie Acai Flow</b>	18
pure acai with paleo cookie crumble, coconut yoghurt, vegan granola, strawberries, banana & caramel sauce	
<b>Oasis Acai Flow</b>	18
pure acai with coconut ice cream, passionfruit, kiwifruit, banana, vegan granola & coconut flakes	
<b>Nutter Acai Flow</b>	19
pure acai with paleo cookie crumble, raw choc brownie, almond butter, banana & vegan granola	
<b>Protein Smoothie Cup</b>	18
blended bowl with almond milk, vegan protein & banana topped w/ granola, coconut, hemp seeds & fresh fruit	
<b>Ocean Smoothie Cup</b>	18
blended bowl with coconut milk, banana & blue spirulina topped w/ granola, toasted coconut, hemp seeds & fresh fruit	

ACAI & SMOOTHIE BOWLS

all gluten free & vegan

### BOUJEE UP YOUR BOWL

cacao nibs   chia seeds   hemp seeds	
coconut flakes   almond flakes   fresh mint	+0.5
peanut butter   organic honey   nutella	+1
almond butter   biscoff   paleo cookie crumble	+2
coconut yoghurt   coconut ice cream	+ 3

## BUT FIRST... COFFEE

Hot		Iced	
small	4.5	small	5
medium	5	large	5.5
large	5.5		

**AFFOGATO** 6  
espresso shot & coconut vegan ice cream

**BULLETPROOF** 5  
coffee, ghee & mct oil

**VITALITY** 7  
coffee, coconut water, cacao butter & honey

alternative milks | extra shot | decaf | syrups +0.7  
BYO cup and we'll discount your coffee by -\$1.00

## SPECIALTY LATTES hot 6 | iced 6.9

**Turmeric Latte**  
organic turmeric, ginger, cinnamon & honey

**Matcha Latte**  
organic green tea matcha, cinnamon & vanilla extract

**Charcoal Latte**  
espresso, activated charcoal & vanilla

**Raw Hot Chocolate**  
organic cacao, mesquite, cinnamon and natural sweetener

**Nutella Hot Chocolate**

**Ferrero Rocher Latte**  
espresso, chocolate & hazelnut

## ORGANIC TEA 5

massalla chai | lemongrass & ginger  
earl grey | green | peppermint | english breakfast

## SMOOTHIES & PROTEIN SHAKES

all smoothies are gluten free & vegan

**Green Machine** 10  
spinach, coconut water, mango, banana & passionfruit

**Peanut Butter Cup** 10  
peanut butter, almond milk, cinnamon, banana & honey

**Fruit Pop** 10  
strawberry, mango, coconut water & passionfruit

**Banana Espresso** 10  
espresso, almond milk, banana & honey

**Pina Colada** 10  
pineapple, banana, honey, chia seeds & coconut milk

**Banana Split** 10  
banana, turmeric, cinnamon, honey & almond milk

**Yogi Bear** 10  
raw cacao powder, banana, coconut water, cinnamon, dates & nut butter

**Morning Octane** 11  
blueberries, gf oats, natural sweetener & coconut milk

**PB & J** 11  
strawberry, peanut butter, hemp seeds, vegan protein & almond milk

**Mango Weiss** 11  
coconut water, coconut ice cream, mango & dates

**Mr Moe's** 11  
coconut water, banana, coconut ice cream, dates, cashew butter, vegan protein & honey

**Super Greens** 11  
coconut water, super greens, avocado, mango & chia seeds

**Acai Smoothie** 11  
pure acai, coconut water & banana

add vegan protein, super greens, collagen or gf oats +2

## COLD PRESSED JUICE

7

**Lil Greenie**  
kale, spinach, celery, lemon, cucumber & ginger

**Ruby Tuesday**  
watermelon, rhubarb, apple, pear & lime

**Gold Digger**  
carrot, ginger, pineapple & apple

**Orange Sky**  
orange, pineapple, lemon & turmeric



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