

FOOD.

WE MAKE FOOD AND
BEVERAGE TO MOVE YOU
FORWARD.

POWER TOAST

Serving till 10am,
Weekday only.

Spread only

6

House made matcha spread, Hummus or Cream cheese

Fast and healthy take away
topped toast

Egg & Bacon

7.5

Garlic aioli, Boiled egg, Bacon crisp, Chive

Kimchi Cheese

7.5

Kimchi, Grilled cheese, Sesame, Spring onions

Quinoa Avocado

8.5

Smashed avocado, Mixed herbs, Popped quinoa, Dukkah

Cheesy Mushroom

8.5

Dijon garlic aioli, Grilled cheese, Aged balsamic

SIMPLY HEALTHY

Eggs on toast

12

*Side: Bacon (+6), half avocado(+4.5) Mushroom(+5), Tomato(+5),
Smoked salmon(+6), Grilled halloumi(+6), GF sourdough(+2)*

Closes 2pm

Cacao Granola

13.5

*House made super nut cacao granola, banana, seasonal fruits,
yogurt, milk/soy/almond.*

Artisanal sourdough, locally
sourced fresh ingredients,
full of nutrition for the day

Acai Bowl

14.9

*Acai smoothie, cacao granola, banana, chia, passionfruit,
seasonal fruits, seed mix.*

Smashed Avocado

17.5

Tomato salsa, kale chips, dukkah, two poached eggs, sourdough.

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FIT BOWL

18.5

Closes 2pm

SPICE CHICKS

A custom blend of spices to please your palate as well as recharge energy.

Spiced smoked chicken , spinach and kale base with Couscous, tabbouleh, Spice roasted vege, hummus, pita crisp.

NOURISH FLOURISH

Head, Heart, and Hands. We have measured all the ingredients precisely for macro nutritional balance, cook to bring out optimum flavour, plating with thought.

Juicy chicken, chunky glazed sweet potato, kale spinach, blanched broccoli, roasted vege, quinoa, seed mix, kale chips with cashew aioli.

MISO MUSHROOM SOBA

A delicious vegetarian dish. Look good, feel good, let your body thrive.

Mushroom, miso glazed egg plant, buckwheat soba, kale spinach mix, coriander, lime, roasted seaweed , sesame, fried shallot, Kimchi with Miso dressing

POKÉ DOKÉ

An amazing fusion of Hawaiian and Japanese food. All in one - simpleness, freshness, healthiness and of course the taste.

Fresh salmon, seasoned brown rice with green peas, grilled pineapple, avocado, fried shallot, nori chips, pickled ginger, pickled radish with Kimchi.

HASH BRISKET

Meaty, hearty, and tasty. American style full flavoured beef brisket tossed with light chilli bbq sauce, served with crunchy slaw.

House smoked beef brisket, tomato salsa, potatoes, kale slaw, poached egg.

Super delicious + balanced nutrition in a bowl. We have carefully selected all our ingredients to delight your taste buds, please your eyes, and optimize your nutrition for a better lifestyle.

*All our fit bowl are GF, with vegetarian options available.

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DRINKS.

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COFFEE

BLACK

single origin espresso/long black

4

Carefully sourced and
brewed. Check our coffee
selection

MILK

latte/flat white/cappuccino

4

BATCH BREW

check our coffee board for the weekly coffee

4

COLD BREW

slow cold brewed iced black coffee, Check our board

5

BULLET PROOF COFFEE

double espresso, grass-fed gee, coconut oil, xct oil

5

POUR OVER FILTER

see black board for availability

7

Hot Chocolate / Matcha / Chai / Turmeric Latte

4.5

Bon Soy/Lactose Free Milk/Extra Shot/Large TA

+0.5

Iced/Pure Press Almond Milk

+1

TEA

5

Top grade, precisely brewed

ENGLISH BREAKFAST

Red fruit, bergamot / Ruhuna, Sri Lanka

DRAGON WELL GREEN

Cucumber, pinot noir / Zhejiang Province, China

OOLONG

Smoky cocoa / China

PEPPERMINT

Clean sharp / California, USA

LEMONGRASS AND GINGER

Tangy spicy

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COLD PRESSED JUICE

Fulfilling your micro nutrition

EVE

7.5

Green apple, lemon, mint

CANDICE

8

Watermelon, strawberry, apple

RIHANNA

8

Orange, lemon, mint

NATALIE

8.5

Kale, celery, apple, ginger, lemon, cucumber

SUPERFOOD SMOOTHIE

10

More than just a smoothie

RAW CHOC

Raw cacao, almond, hazelnut, date, vanilla, buckwheat

ACAI BERRY

Acai berry, blueberry, lemon, banana, coconut water, chia

SUPER GREEN

Kale, spinach, banana, coconut water, lemon, seeds

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