

B R U N C H I N ' ---

BUILD YOUR OWN PORRIDGE (12oz) ----- 6.5

STEP 1 - BASE	STEP 2 - MILK	STEP 3 -TOPPINGS (choose the first 3 on us)		
Original	Dairy	Chia raspberry jam	Blueberries	Goji berries
Cinnamon	Oat (ve)	Mango compote	Strawberries	Cacao nibs
Cacao	Soy (ve)	Choose a nut butter	Bee pollen	Chia seeds
Matcha	Almond (ve)	Frozen raspberries	Coconut chips	Cinnamon
Protein +1.5	Coconut (ve)	Banana	Chopped dates	Honey/agave

BUILD YOUR OWN YOGURT BOWL (12oz) ----- 6.5

STEP 1 - BASE	STEP 2 - GRANOLA	STEP 3 -TOPPINGS (choose the first 3 on us)		
Greek (gf)	Tribe vanilla (ve,gf)	Chia raspberry jam	Blueberries	Goji berries
or	or	Mango compote	Strawberries	Cacao nibs
Vegan plain	Cacao sea salt	Choose a nut butter	Bee pollen	Chia seeds
(ve)(gf)	(ve)(gf)	Frozen raspberries	Coconut chips	Cinnamon
		Banana	Chopped dates	Honey/agave

PB & J TOAST (ve) ----- 5.5

Peanut butter, tribe chia raspberry jam, sliced banana & chia seeds on toasted sourdough.

NUT BUTTER TOAST (ve) ----- 5.5

Your choice of nut butter, sliced banana, cinnamon, cacao nibs & agave drizzle on toasted sourdough.

HOT SHOT AVO TOAST (ve) ----- 6.5

Avo smash, lime, chilli oil, mustard seeds & chilli flakes on toasted sourdough.

Add crumbled feta (v) ----- +1

CHOCOLATE BANANA LOAF (ve) ----- 5.5

Toasted banana & dark chocolate loaf, peanut butter, banana slices, cinnamon, cacao nibs & agave.

L U N C H I N ' ---

From 12:00pm

CHICKEN GRILL 8.5

Grilled chicken, avo smash, mozzarella, tomato & pesto, between toasted sourdough.

CAPRESE GRILL (v) 7

Sliced mozzarella, tomato & pesto, between toasted sourdough.

AVO GRILL (v) 7.5

Avo smash, tomato, pesto & spinach, between toasted sourdough.

(ve) Vegan (v) Vegetarian (gf) Gluten free