

## SOMETHING SMALL

### Sourdough Toast

served with house butter & local honey or house peanut butter (1 piece or 2)

### Sourdough Fruit Toast

fruit loaf served with house maple butter (1 piece or 2)

### House Granola [gf/vo]

house blend with over 18 ingredients, served with maple, Greek yoghurt and fresh seasonal fruit.

### French Fries [gf]

fried in organic coconut oil! your choice of sauce

## ALL DAY BRUNCH

### French Toast

check the specials board. We like to change it up!

### Eggs Your Way

2 eggs served your way on toasted sourdough. See our sides for extras

### Big Breakfast

2 eggs your way on toasted sourdough, with housemade kasundi relish, roasted truss tomato, sautéed mushroom, nitrate free bacon, & housemade hash

### Smashed Avo [vo]

organic avocado, fresh greens, pickled veg, fetta, quinoa, toasted sourdough, nuts & dukkah.

[v] vegan

[vo] vegan option

[gf] gluten free

## ALL DAY BRUNCH

### 7/9 Falafel Bowl [v/gf]

house falafels, with house hummos fresh spring greens, house pickles, quinoa, and dukkha

### 9/12 Add haloumi? see sides

### 17 Macrobiotic Bowl [v/gf]

orange and ginger glazed tempeh, brown rice, fresh greens & herbs. or add eggs or protein?

### 8 Summer Salad [v/gf]

fresh orange, quinoa, pickled veg, seasonal greens, fresh herbs, & citrus dressing. Add protein from sides?

### 22 Scamorza e Funghi

vegan mushroom pate, sautéed mushrooms, smoked mozzarella, fresh greens and house pickles [vo] swap mozzarella for avocado

### 12 The Rueben

house corned grass-fed pastrami, sauerkraut, & provolone on sourdough add fries? +4

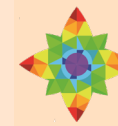
### 28 Fried Chicken Burger

house made buttermilk, Nashville coated chicken, apple, fresh herb, house kimchi, cabbage, aioli, brioche bun served with fries.

### 21 Lentil Burger [v]

housemade lentil and beet patty, kasundi relish, vegan pickled ginger mayo, fresh greens and pickles served on a white sourdough bun.

15% public holiday surcharge applies on all public holidays



Where possible we source as much fresh organic produce or preservative-free/grass-fed local produce as possible. We use only ethically sourced meats and products!

## KIDS

under 12 only  
(or \$2 surcharge)

### 19 Little Breakfast 14

bacon, egg your way, house hash cake on toasted sourdough

### 16 Kids Bacon & Egg 12

bacon, egg your way on sourdough

### 21 Avo Toast [v] 11

smashed avo on sourdough

### 21 Kids Nana Bread 5.5

house made nut and dairy-free

## SIDES

### 21 nitrate-free bacon 7

preservative-free Italian sausage 7

fried chicken thigh 8

poachies (2) 6

### 23 haloumi 6

smashed avo 6

house potato hash cake 5

roasted mushrooms (min spray) 6

roasted cherry tomatoes (min spray) 4

### 19 house falafels (3) 4

fresh greens 5

sauerkraut 3

extra sourdough 3

extra GF buckwheat bread 4

## SPECIALTY COFFEE

### Our Beans

GAYO Organic Single Origin from Sumatra  
This is our house bean!

Good Company - organic blend; Honduras,  
Colombia, Indonesia

Swiss Water Decaf - single origin,  
Colombia + 0.5

Specialty Single Origin - check which one  
we are stocking at the moment! +1

Love our beans? Purchase fresh from our  
shop in 250g/500g/1kg!

### Tasting Plate

10

try our gayo, good company  
and specialty single origin  
beans as single espressos, mini  
long blacks or as piccolos

### Cold Drip

6

infused slowly over 8 hours  
with cold water for a vibrant  
flavour profile

### Pour Over

5

filter drip coffee slowly infused  
with hot water

### Cold Brew

5

filter drip coffee brewed hot  
and then chilled

### Bulletproof

6.5

double espresso, hot water,  
grass fed butter and organic  
coconut oil blended

## THE ALL DAY EVERY DAY

espresso/db	4.2	mocha	5/6
long black	4.2	house chai	5/6
macchiato	4.5	tumeric latte	5/6
piccolo	4.5	matcha latte	5/6
flat white	4.5/5.5	hot cacao	4.5/5.5
latte	4.5/5.5	hot chocolate	4.5/5.5
cappuccino	4.5/5.5	baby cino	2

### CHILLED

iced black	4.5	iced chai	5.5
iced latte	5	iced chocolate	5.5
iced mocha	5.5		

### EXTRAS

alt. milks; almond, house almond, coconut, oat, soy +1			
extra shot	0.5	side honey	0.5
side of milk	0.5	lemon	0.5

### COLD PRESS JUICE

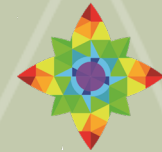
<b>Nurture</b> (apple, celery, spinach, lemon)	10		
<b>Courage</b> (orange, apple, ginger)	10		
<b>Special</b> (check our specials board!)	10		
apple	9	<b>kids</b> apple	7
orange	9	<b>kids</b> orange	7

### SMOOTHIES

<b>Bounty</b> - coconut milk, banana, cacao, dates, flaked coconut	11
<b>Mixed Berries</b> , banana with coconut water	11
<b>Immune Boost</b> - orange, tumeric spice mix, honey, ginger with coconut water	11
<b>P.B.</b> - banana, peanuts, dates, cacao with milk	11
<b>KIDS</b> - chocolate or banana smoothie with milk	8

## TEA TIME

signature fresia - black	4/6
tea with cinnamon	
English breakfast	4/6
chai	4/6
peppermint	4/6
sencha green	4/6
hibiscus and rose	4/6
coconut cacao	4/6



### PROTEIN BAR

<b>Berry Protein</b> - with banana, milk and strawberries	11
<b>Vanilla Protein</b> - with chia, banana, dates and milk	10
<b>Coffee Protein</b> - with double espresso, banana and milk	10
<b>Banana Protein</b> - with cacao, banana and milk	9

or add ATP No Whey Protein or  
Vegan Protein selection to any  
drink +3

**10% FFC Gym Member discount**  
**after your session on**  
**the protein bar!**

We also stock a selection of  
mushroom extracts in our shop  
or add to any drink +2