

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

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

16 Kids Bacon & Egg

bacon, egg your way on sourdough

21 Avo Toast [v]

smashed avo on sourdough

5.5 Kids Nana Bread

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

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

SMOOTHIES

Bounty - coconut milk, banana, cacao, dates, flaked coconut	11
Mixed Berries , banana with coconut water	11
Immune Boost - orange, tumeric spice mix, honey, ginger with coconut water	11
P.B. - banana, peanuts, dates, cacao with milk	11
KIDS - 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

Berry Protein - with banana, milk and strawberries	11
Vanilla Protein - with chia, banana, dates and milk	10
Coffee Protein - with double espresso, banana and milk	10
Banana Protein - 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