



SPRING MENU

- 14 Spring Granola [v gfo]**
Our house blend of mixed nuts, seeds and granola lightly spiced with turmeric and nutmeg served with a house made coconut vanilla semifreddo, side of coconut milk, topped with dragonfruit, banana and freshly picked mint.
Please ask us for GF +2
- 18 Tropical Bliss Smoothie Bowl [v gfo]**
Smoothly blended mango, pineapple, banana and passionfruit smoothie bowl topped with our hand crafted granola, chia, fresh fruit, and hand picked mint. **Blended with almond milk but please specify for other milk options.*
Please ask us for GF
- 22 French Toast**
Soft Brioche bread served with house made specialty toppings. We like to keep it fresh so please check in for the daily flavour!
- 15 Bagels**
Toasted bagel with fresh flavours in store daily. Check our display cabinet!
- 18 Egg & Bacon roll**
Our famous house hash cake, bacon and egg with tomato relish, cheese, aioli and greens.

- 28 Spring Big Breakfast [gfo]**
Two eggs your way served with bacon, herb roasted tomato, roasted swiss mushrooms, house specialty potato hash cake on sourdough garnished with garden greens.

- 28 The Keto Big Breakfast [gf]**
Two eggs your way served with halloumi, bacon, house smashed avo, mushrooms, and garden greens.

- 28 The Vegan Big Breakfast [v gfo]**
Herb roasted tomatoes, roasted swiss mushrooms, house smashed avo, house potato hash cake, and sauerkraut served on sourdough with garden greens.

- 22 Native Avo [vo gfo]**
Our zesty smashed avo served on sourdough with house made lemon myrtle dukkah, crumbled danish fetta, cherry tomatoes, pomegranate arils and garden greens. [vegan option with pickles instead of fetta] *Add eggs?*

- Eggs Benny**
23 Two poached eggs with our paprika hollandaise served with your choice of mushrooms or ham with wilted spinach, on sourdough garnished with fresh herbs.

- Mushroom Burger [v gfo]**
24 Asian style roasted open swiss mushroom on a lightly toasted burger bun served with lightly pickled carrots and daikon, crispy fried shallots, fresh herbed greens and our vegan aioli with a side of french fries.

- 22 Ikigai Katsu or Tofu Bowl [v/gfo]**
Our famous katsu style crumbed chicken with seasoned rice, pickled cabbage slaw, edamame, fried enoki and house made katsu sauce.
V/GF swap chicken for house marinated tofu!

MORE ON THE SPECIALS BOARD DAILY

LIGHT MEALS

Toast/Fruit Toast

Two pieces of beautiful sourdough with your choice of

- 10 Butter / spiced butter
- 11 House made peanut butter
- 12 Honey and cream cheese

French Fries [v/gf]

- 8 with your choice of sauce; tomato, house aioli [gf], tomato relish [gf], sweet chilli.

Kids Breakfast [gfo]

- 12 One egg your way with our house potato hash cake on toasted sourdough.

Kids Avo [v/gfo]

- 11 Our zesty smashed avo on toasted sourdough.

Kids French Toast

- 14 Using brioche bread and served with maple syrup and fresh fruit.

Ham and Cheese Croissant

- 10 Swiss cheese, and shredded mozzarella with leg ham on house baked croissant.

Tomato and Cheese Croissant

- 9 Cherry tomatoes and swiss cheese with fresh herb pesto.

IN THE DISPLAY

Cakes, Sandos, Bagels, Salads?

We have a selection of freshly made options daily. Have a look in our display or ask our friendly staff for salads, bagels, toasties and more!

Eggs Your Way

- 14 Two eggs poached, scrambled or fried on sourdough garnished with garden greens.

Add your own with our extras;

EXTRAS

- +7 bacon
- +7 spring chicken
- +6 poachies (2)
- +6 halloumi
- +6 smashed avo
- +5 house potato hash cake
- +6 roasted mushrooms
- +6 roasted tomato
- +4 sauerkraut
- +3.5 extra sourdough
- +4 GF buckwheat bread

FITNESS FACTORY MEMBERS

10% Off for all gym members for the following:

Eggs Your Way (with sides)

House Protein Bars

House Vegan Fudge

Protein Smoothies

Any Smoothie with added protein!

10% off for all purchases for class members post class!

Discount offers for week days only.

Thinking of joining? Ask the lovely team upstairs!



FITNESS FACTORY
HEALTH CLUBS

LET'S DO BETTER TOGETHER

What makes us different?

We strive to bring you the best options for your health, do our best to support local, bring you a seasonal menu, challenge the industry on waste and bring a holistic approach to our cafe! That means that we do the hard work of finding conscious options for our day to day lives.

We are industry leaders in compostable options going beyond most recycling and waste initiatives, striving to give as much food waste to our friendly neighbourhood chickens as possible!

We source ethical and organic specialty coffee beans, which also support growers fairly.

Where possible we source in season, organic produce. Due to environmental disruptions not all our produce is organic. Please let us know and our friendly staff can advise you on best options instore.

ask us for...

CATERING
FUNCTIONS
EVENTS & MORE

Find us at;
@ikigaicoffeeshop_lightsvie
Want to know more?
<https://www.ikigaicoffeeshop.com/>

SPECIALTY

Cold Drip 6.1
This is a cold infusion over around 10 hours where the delicate flavours of the coffee beans are best extracted. Served on ice, this is one of our favourite ways to enjoy a distinct flavour of our amazing beans!

Nitro Brew 7.5
Using a slow infused batch brew, this coffee is served over ice on tap using liquid nitrogen. Looking like a freshly poured beer, this is a unique way of enjoying both interesting coffee flavour profiles and a uniquely smooth texture.

Bulletproof 6.6
This keto friendly coffee is made with grass-fed butter, organic coconut oil, and a double espresso. Blended with hot water, the resulting coffee imitates a frothed hot latte without the milk!

TEA FOR 1 or 2

Signature Fresia (black tea & cinnamon)	4/6
Earl grey	4/6
English breakfast	4/6
chai	4/6
peppermint	4/6
sencha green	4/6
hibiscus and rose	4/6

KOMBUCHA ON TAP

Tropical	7
Berry	7

Locally made by moss brew. Ask us for bulk take home bottles!

YES WE
SELL OUR
BEANS!

bring your own container or purchase beans in our tins!

return or swap your tins in store



THE ALL DAY EVERY

espresso/db	4.3	mocha	5.1/6.1
long black	4.3	house chai	5/6
macchiato	4.3	tumeric latte	5/6
piccolo	4.6	matcha latte	5/6
flat white	4.6/5.6	hot cacao	4.5/5.5
latte	4.6/5.6	hot chocolate	4.5/5.5
cappuccino	4.6/5.6	baby cino	2

CHILLED

iced black	4.6	iced chai	5.5
iced latte	6.1	iced chocolate	5.5
iced mocha	6.1		

COLD PRESS JUICE

Nurture (apple, celery, spinach, lemon)	10
Refresh (watermelon, apple, lemon)	10
Courage (orange, apple, ginger)	11
apple	9
orange	9
kids apple	7
kids orange	7

SMOOTHIES

Bounty - coconut milk, banana, cacao, dates, flaked coconut	11
P.B. - banana, peanuts, dates, cacao with milk	11
Berry - banana, mixed berries, date, cinnamon with coconut water	12
Green - avo, spinach, apple, pineapple, chia, hemp seed with coconut water	11
Protein. - banana smoothie with your choice of ATP Protein (coffee, banana, berry, natural, chocolate) <i>vegan +3</i>	11
KIDS - chocolate or banana smoothie with milk	8

IN THE FRIDGE

Coke	4
Lemonade	4
Jamu Sodas	6.5
Immune boosting original tumeric & ginger, or sweetened with honey and lemon	

alt. milks; almond, house almond, coconut, oat, soy, lactose free +1

WINE

Sparkling Chardonnay 'The Guardian Angel' 2020 Koonara, Mt Gambier	39
Riesling 'A Song for Alice' 2020 Koonara, Mount Gambier	9/38
Rose 'Emily May' 2019, Koonara, Coonawarra	9/39
Pinot Noir 'Cape Banks' Razortooth Vinyard 2016, Koonara, Mount Gambier	10/44
Shiraz 'Angel's Peak' 2019 Koonara, Coonawarra	10/44
Cab Sauv 'Wanderlust' 2016 Koonara, Coonawarra	44

BEER

Pale Little Bang Brewery	10
Draught Little Bang Brewery	10
Sour Little Bang Brewery	10
Session Ale Little Bang Brewery	9
Corona [gf]	8

COCKTAILS

Espresso Martini vodka, kahlua, espresso	16
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MORE SEASONAL
DRINK SPECIALS
weekly