



Toast (VG/GFO) **\$8**

Fruit toast, sourdough, multigrain or gluten free served with house preserves

Eggs Your Way (VO/GFO) **\$14.5**

Poached, fried, scrambled or tofu scramble on sourdough toast

Porridge (VG/N) **\$17**

Oats cooked in coconut milk, candied hazelnuts, blood orange reduction, toasted pistachios, fresh berries and maple syrup

French Toast (VG/GFO) **\$23**

Coconut and cinnamon French toast, sour cherry compote, house made 'honey' comb, fresh berries with vanilla ice cream

The Avocado (VG/GFO/N) **\$21**

Avocado tossed through lemon, dill and mint, romesco sauce, feta and pomegranate on multigrain bread

add egg + \$3

Fritters (VG/GF) **\$20**

Spice roasted pumpkin fritters, lemon and chilli grilled brocolini, salsa verde, toasted pepitas, served with sumac yoghurt

add egg + \$3

Mushroom Medley (VG/GF/N) **\$24**

mushrooms tossed in lemon garlic butter, crushed twice cooked potatoes on a cauliflower and pine nut puree, thyme oil and a parmesan wafer

add egg + \$3

Chilli Scramble Roll **\$15.5**

Chilli egg scramble, hash brown, feta, rocket, aioli, relish on a toasted bun

Jackfruit Burger (VG) **\$24**

Jackfruit tossed through a house made bbq sauce, spicy slaw, pickles on a toasted bun served with rosemary salt chips and tomato sauce

add cheese, vegan or dairy + \$2

Cauliflower Salad (VG/N) **\$22**

Roasted cauliflower, pearl couscous, green beans, harissa yoghurt, almonds, parsley, mint, pomegranate, cranberries with a citrus herb dressing

Smokey Chipotle Tacos (VG/GF) **\$24**

Pulled chipotle mushrooms, corn and black bean salsa, avocado mousse, grilled lime, coriander, radish, pickled jalapenos served on three corn tortillas

KF Cauliflower Bites (VG/GF) **\$12**

Kentucky style fried cauliflower in herbs and spices, topped with fresh dill, pickled onion, pickles served with aioli

Chips (VG/GF) **\$8.5**

Tossed in herbed salt, served with house-made bbq, aioli, or tomato sauce

Extras (VG/GF)

Extra egg **\$3**

Hash brown / grilled tomato **\$4**

Garlic mushrooms / avocado / feta **\$5**

Kids Menu

Egg on toast (VGO/GFO) **\$7**

Cheese and tomato toastie (VGO/GFO) **\$9**

'Chicken' nuggets and chips (VG) **\$12**

Spaghetti and 'meatballs' (VG) **\$12**

French toast with ice cream **\$12**

Check out our cabinets for daily specials

Kitchen hours: 8:30am-2.30pm

Tackling youth homelessness, together.

Please share, review or rate your experience.



Our food menu is 100% vegetarian

VG- VEGAN
VO-VEGAN OPTION
GF-GLUTEN FREE
GFO-GLUTEN FREE OPTION
N-CONTAINS NUTS



5 Senses Coffee

Espresso, Short Mac	\$4.5
Flat White, Latte, Cappuccino, Long Black, Double Espresso, Piccolo, Long Mac, Magic, Mocha	\$5
Extra Shot	+50c
Alt Milk - Oat, Soy, Almond	+50c
Large	+50c

Hot

Chai Latte (Prana Chai)	\$5
Dirty Chai Latte	\$5.5
Hot Chocolate	\$5
Baby Chino	\$2.5
Alt Milk- Oat, Soy, Almond	+50c
Large	+50c

Tea

English Breakfast / Earl Grey / Green / Peppermint / Lemongrass & Ginger	\$5
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Iced

Iced Long Black	\$5
Iced Latte	\$5.5
Iced Mocha	\$5.5
Iced Chocolate	\$5.5
Iced Chai	\$5.5

Cold

Freed Tea Soda Pineapple and Coconut / Blueberry and Lemon / Peach and Vanilla	\$5
Simple Soda Cola / Lemonade	\$4.5
Juice Orange / Apple	\$5
Sparkling Water	\$4.5

Smoothies

Banana banana, cacao, oats, dates and your choice of milk	\$8
+ add espresso shot	+50c
Mixed Berry mixed berries, banana, chai seeds and your choice of milk	\$8
Green Mango mango, spinach, spirulina, lemon and coconut water	\$8

Kids Drinks

Iced Choc	\$4.5
Banana Smoothie	\$4.5
Berry Smoothie	\$4.5
Apple Juice	\$4
Orange Juice	\$4

**We are a not for profit
cafe, serving great
food & coffee with a
side serve of social
change.**

