



**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

**Extras (GF/VGO)**

Extra egg / spinach **\$3**

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

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

**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

**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

**Tackling youth homelessness, together.**

**Please share, review or rate your experience.**



**Kids Menu**

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

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

'Chicken' nuggets and chips **\$12**

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

French toast with ice cream (VG) **\$12**

**Cabinet**

**Pies**  
**Pepper and Steak, Creamy Mushroom \$9**

**Veggie Ciabatta \$14.5**

**Bolognese Toastie \$12.5**

**Cheese Tomato Toastie \$12.5**

**Cheese Tomato Croissant \$10.5**

Kitchen hours: 8:30am-2.30pm

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

**Hot**

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

**Tea**

English Breakfast / Earl Grey / Green / Peppermint / Lemongrass & Ginger	<b>\$5</b>
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**Iced**

Iced Long Black	<b>\$5</b>
Iced Latte	<b>\$5.5</b>
Iced Mocha	<b>\$5.5</b>
Iced Chocolate	<b>\$5.5</b>
Iced Chai	<b>\$5.5</b>

**Cold**

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

**Smoothies**

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

**Kids Drinks**

Iced Choc	<b>\$4.5</b>
Banana Smoothie	<b>\$4.5</b>
Berry Smoothie	<b>\$4.5</b>
Apple Juice	<b>\$4</b>
Orange Juice	<b>\$4</b>

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

