



Our food menu is 100% vegetarian

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

All Day Menu

Kitchen hours: 8:00am-2:30pm
Surcharges: Saturday 10%

Breakfast

Toast VG, GFO **\$8**

2 slices of toast, served with house preserves
Options available: fruit toast, white sourdough, multigrain sourdough

Golden Granola VG **\$16**

Golden oats & puffed grains with poached rhubarb, strawberry compote & coconut yoghurt

Apple & Rhubarb Porridge VG **\$17**

Spiced oats with poached rhubarb, warm apple compote, oat crumble & maple syrup

Eggs Your Way GFO **\$14.5**

Poached, fried, scrambled on sourdough toast, served with salsa verde

Check out our add-ons below!

Blueberry & Apple Waffle VG, GF **\$22**

House made, served with warm apple compote, blueberries, vanilla cream & cinnamon

Add-ons:

Poached Egg	\$3	Toast	\$2
Grilled Mushrooms	\$4	Avocado	\$4
Potato Rosti	\$5	Hashbrown	\$3
Cherry Tomatoes	\$4	Blackbeans	\$3
Aioli	\$2	Spinach	\$3
Rach's BBQ Sauce	\$2	Halloumi	\$5

Brunch

Smashed Avo VG, GFO, N

Avocado with lime, persian feta, dukkah & salsa verde on multigrain sourdough toast

Add-on: poached egg & cherry tomatoes \$7

Our 'Big Brekkie' VG, GF

Potato rosti with rosemary salt, grilled mushrooms, avocado, slow-roasted cherry tomatoes, spinach & blackbeans

Add-on: poached egg & sourdough toast \$5

Mushrooms on Toast VG, GFO, N

Seared medley of mushrooms, macadamia cream, pickled shallot & watercress with lemon dressing on sourdough toast

Add-on: poached egg & potato rosti \$8

Baked Egg Shakshuka VGO, GFO

Baked eggs, red peppers, spiced tomato sugo with fresh herbs, za'atar, labne & garlic-herb toast Add-on: blackbeans \$3

Miso-roasted Eggplant VG, GF

Miso eggplant with sumac & pomegranate, chargrilled cauliflower, fried butterbeans, pumpkin hummus & green tahini

Pumpkin Soup VG, GFO

Pumpkin & celeriac soup, served with confit garlic & herb toast

\$19

\$24

\$22

\$24

\$23

\$17

Rolls & Toasties • Add a side of chips \$5

Chilli Scramble Roll **\$15.5**

Chilli egg scramble, hashbrown, feta, aioli with rocket on toasted bun

Caulibaba VG, GFO, N **\$14.5**

Fried cauliflower, grilled eggplant, almond tarator with salsa verde & rocket on toasted ciabatta roll

'Chicken' Schnitz Roll VGO **\$15.5**

'Chicken' schnitzel, cheese, slaw with garlic aioli & rocket

Halloumi Toastie GFO **\$15.5**

Grilled halloumi, spicy aioli, avo, tomato & spinach

Mushroom Croissant 'Toastie' **\$14.5**

Grilled mushrooms, cheese, salsa verde

Sides:

Bowl of chips VG, GF **\$8.5**

Rosemary salt, choice of bbq, tomato sauce or aioli

KF Cauliflower Bites VG, GF **\$12**

Garlic aioli, dill, pickles & pickled onion

Tackling youth homelessness, together.

Please share, review or rate your experience.





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, Lactose Free	+50c
Large	+50c

Hot

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

Tea

English Breakfast / Earl Grey / Green / Peppermint / Lemongrass & Ginger/Chai	\$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
Iced Matcha	\$5.5

Cold

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

Smoothies

Banana banana, cacao, oats, honey, and your choice of milk	\$9
Mixed Berry mixed berries, banana, chai seeds, maple syrup and your choice of milk	\$9
Green Mango mango, spinach, spirulina, lemon and coconut water	\$9
Peanut Butter Protein Peanut butter, vanilla protein powder, honey, oats, banana and your choice of milk Add-ons: Alt milk .50c, Peanut Butter \$1, Protein \$1 Espresso .50c	\$9

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.**

