



BREAKFAST BURGERS BOWLS

G GLUTEN FREE **V** VEGETARIAN **V** VEGAN **D** DAIRY FREE

Registration code for dine in customers



BREAKFAST (ALL DAY)

CHOOSE YOUR BREAD: Multigrain, Wrap or Rye
+1.00 for Sourdough, Turkish or Gluten Free

THICK TOAST / RAISIN TOAST **V** 4.90/5.90
2 slices served with butter & your choice of jam, marmalade, honey, vegemite or peanut butter

EGGS YOUR WAY **V** 11.90
Free-range eggs, with your choice of toast

- + Mushroom, tomato, wilted spinach, fresh avocado, egg, grilled onion, homemade hollandaise, haloumi +3.00ea
- + Bacon, tofu +4.00ea + Smoked salmon +5.00

CLASSIC BACON & EGG ROLL 10.90
On Turkish with a little chilli jam
+ Cheese, tomato & spinach +4.00

EGGS BENEDICT 13.90
Two poached eggs on spinach & sourdough, with creamy hollandaise
+ Avo salsa +3.00 + Bacon +4.00
+ Smoked Salmon +5.00

SMASHED AVOCADO **V** 14.90
On two slices of sourdough, wilted Spinach topped with crumbled feta, chilli jam, rocket & seeds.
Avocado Salsa - Fresh Avocado, Tomato & Red Onion

ZUCCHINI & CORN FRITTERS **G** 17.90
Two zucchini & corn fritters with bacon, avo salsa, chilli jam & a poached egg on a bed of spinach

VEGAN QUINOA FRITTERS **V** **G** 17.90
Quinoa, sweet potato and kale fritters, served with roma tomatoes, mushrooms, spinach, avocado salsa & warm napoli

BIG BREAKFAST 20.90
Two eggs, bacon, mushroom, tomato, avo salsa, spinach & dukkah, with your choice of toast

ENERGY BOWLS

SUPER MUESLI **V** 12.90
Toasted or natural muesli plus chia, LSA, goji, pepitas, sunflower seeds, seasonal fruit, cacao nibs, coconut, Greek yoghurt, honey & served with milk

AÇAI BOWL **V** 14.90
Our delicious Açai blend, with toasted or natural muesli plus seasonal fruit, coconut & chia seeds

DRAGON BOWL **V** 14.90
Our Pink Dragonfruit blend, with toasted or natural muesli plus seasonal fruit, coconut & chia seeds

PEANUT BUTTER AÇAI BOWL 17.90
Açai blended with peanut butter, Cacao powder, Vanilla protein and Almond milk, topped with oats, banana and cacao nibs

+ **SUPER BOWL BOOSTER** **V** **G** +2.00
Boost your bowl! Add goji berries, L.S.A, pepitas, sunflower seeds & cacao nibs

+ **GF MUESLI** **G** +1.00

+ **COCONUT YOGHURT** +\$2.00

LUNCH BOWLS

THE EDEN BOWL **V** **G** 14.90
Grilled asparagus, broccoli, kale, zucchini, spinach, onion & mushroom with an avocado dressing.
Topped with a poached egg, dukkah & seeds

CHILLI CHICKEN QUINOA **G** 15.90
Warm spiced chicken & quinoa, with roast veg & tangy Greek yoghurt

CHICKEN RICE NOODLE **G** **D** 15.90
Asian style chicken & noodles, with soy, ginger & lime. Light and fresh

MEXICAN BEEF **G** 15.90
Wagyu beef, beans and quinoa on a bed of spinach, with grilled lime, sour cream & avocado-lime dressing

THE CAVE MAN **G** 18.90
Our mega-sized salad with avo salsa & your choice of topper: Moroccan chicken, smoked salmon or a Quinoa & Kale Fritter

Soup 9.90
Spicy Capsicum and roasted vegetable soup, served with toasted sourdough

BURGERS & WRAPS

Vegan, GF, DF & Breadless versions available.

All served with Garden Salad and homemade (DF) Moroccan dressing.
Choose Wrap or Toasted Rye Roll, Turkish Roll + \$1.00

MEXICAN 5 BEAN **V** 13.90
with caramelised onion, sour cream, avo salsa, sweet chilli

QUINOA, SWEET POTATO & KALE **V** 13.90
with caramelised onion

MOROCCAN CHICKEN 14.90
with caramelised onion & cheese

WAGYU BEEF 14.90
with caramelised onion, chilli jam & cheese

COFFEE & TEA

WHITE S 4.00 M 4.50 L 5.00
Cappuccino, Flat White, Latte & Piccolo

BLACK 3.50
Long Black, Espresso & Macchiato

ICED
Iced Black 4.00 Iced Latte 6.00

POT OF TEA 3.90
Ask staff for selection

THE OTHER GEMS
Ask for Hot Chocolate, Mochaccino, Chai Tea, Chai Latte, Milkshakes, Turmeric Latte & Matcha

+ JUST HOW YOU LIKE IT + 0.70
Extra Shots, Specialty Milks, Flavoured Syrups & Decaf

JUICES 7.90

All  

V6
Carrot, beetroot, celery, apple, lemon, ginger

ALEX HEADS
Apple, pineapple, orange, strawberry, lime

MOOLOOLABA SUNRISE
Orange, pineapple, watermelon, lime

GINGER NINJA
Orange, carrot, apple, lemon, ginger


COOLUM CRUSHER
Watermelon, apple, strawberry, mint


GREEN WITH ENVY
Apple, pear, kale, cucumber, celery, parsley, spinach

MAKE YOUR OWN!
Choose up to 5 ingredients & we'll juice it



ADD WHEATGRASS +\$1.00

CLASSIC SMOOTHIES 8.90

BANANA CLASSIC 
Banana, cinnamon, milk, ice-cream & honey

OMANG-OTANG 
Mango, pineapple, coconut, passionfruit, milk, honey



RAINING BERRIES 
Blackberries, raspberries, strawberries, passionfruit, ice-cream, milk & honey



JUNGLE JUICE  
Acai berries, pineapple, passionfruit, strawberries, banana, apple juice & honey



RAW ENERGY  
Mango, strawberry, banana, LSA, orange juice

YOGI BEAR
Banana, peanut butter, protein powder, ice-cream & milk

GOURMET SMOOTHIES 9.90

BEENIE MEENIE GREENIE  
Banana, avocado, spinach, kale, parsley, celery, apple, pear & spirulina

PURPLE REIGN  
Acai, mixed berries, strawberry, passionfruit, apple, pineapple, coconut water & honey

THE AZTEC  
Banana, coconut, cacao, peanut butter, chia, honey & coconut milk

BREKKIE ON THE FLY
Acai, muesli, banana, strawberry, L.S.A, yoghurt, milk & honey

KIDS MENU

MINI MILKSHAKES  4.00

CHEESY TOAST  5.90

EGG YOUR WAY, WITH TOAST  5.90

KIDS BURRITO  6.90
Mexican patty, spinach & cheese.

KIDS BIG BREAKFAST 7.90
One egg, bacon, spinach & toast.

SPECIALTY MILKS Soy +0.70 Almond +0.70 Coconut +0.70 Lactose Free +0.70

BOOSTERS Protein +1.50 Spirulina +1.50 LSA +1.50 Maca +1.50