



BREAKFAST

BIRCHER MUESLI	6
HOMEMADE COCONUT YOGHURT , chia seeds, mango	5
OATMEAL , almond milk, blackberry compote	6
PANCAKES , lemon curd, raspberries	7
CEREAL COUNTER , build your own	7
BAKED EGGS , tomato, chickpeas, chorizo	8
QUINOA , spinach, sweet potato, poached egg	8
AVOCADO , poached eggs, toast	9
EGGS BENEDICT / FLORENTINE / ROYALE	10
SMOKED SALMON , scrambled eggs	10
HALF ENGLISH / FULL ENGLISH	8/12

BREAD & SIDES

Sourdough / bagel / wheat-free / rye / seeded bloomer	2
Baked beans / roast tomato / mushrooms	2
Pastries, muffins, banana bread	3
Spinach	4.5
Avocado / smoked salmon	4.5

Please ask your server if you have any allergies or require information on ingredients used in our dishes. Please no phones or photography

HOUSE PRESS

Cold-pressed juice - small 4.25 / large 7.50

GREEN

Kale, apple, cucumber, celery, pineapple,
lemon, spinach, parsley, ginger

HARD GREEN

Broccoli, cucumber, celery, lemon,
spinach, parsley, ginger

RED

Beetroot, carrot, ginger, pineapple,
orange, lemon, apple

CITRUS

Grapefruit, orange, lemon,
tumeric, cayenne pepper

GINGER

Ginger, green apple, lemon

SUPER SMOOTHIES

All at 6

GREEN MACHINE

Banana, apple, kiwi, spirulina,
mint, honey

POPEYE

Spinach, almond milk,
ginger, egg white, lemon, agave

SCHWARZENEGGER

Soya milk, pomegranate,
broccoli, kale, strawberries

TARZAN

Acai berries, banana, chilli
passion fruit, kale, strawberries

RESPIRATION

Goji berries, blueberries, orange seeds,
peanut butter, protein

BOTANICAL HOUSE PRESS

All at 4.25

GLOW

Pomegranate, red grape, guava, ginger,
lime, rose, collagen

ENERGY

Orange, mango, passion fruit, lime,
ginger, maca, cacao

REFRESH

Coconut water, honeydew melon, lime,
vanilla, chamomile

COFFEE

By Orgin Coffee

All at 3.5

Espresso / Macchiato / Americano /
Cappuccino /
Latte / Flat White / Hot Chocolate

HOUSE ESPRESSO

Brazil

*Chocolate Cookie, Pecan Nut, Berry Syrup. Full Bodied
Finish*

HOUSE BREW

cup 3.5 / brew for two 5.25

Los Altos

Nicaragua

Creamy Chocolate, Stone Fruit, Red Berries

COLD BREW

cup 4

Sandows Cold Brew

TEA

By Canton Tea Co.

All at 3.5

English Breakfast / Earl Grey / Organic Peppermint / Fresh Mint / Chamomile
Jade Tips Green Tea / Red Berry and Hibiscus / Jasmine Star / Rooibos