





MENU


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BREAKFAST



SMASHED AVO 2864kj **\$14.95**  P:30 C:34 F:48
Smashed avocado on toasted quinoa sourdough topped with feta, nut mix and two poached eggs.



MORNING BOOST OATS 2541kj **\$11.95**  P:41 C:72 F:14
Vanilla protein infused oats topped with roasted buckwheat, hazelnuts, shredded coconut, fresh strawberries and honey.




RICOTTA TOAST 1835kj **\$8.95**  P:14 C:47 F:20
Ricotta, fresh strawberries, almond flakes and drizzled honey on toasted quinoa sourdough.

QUINOA SOURDOUGH (2) **\$5.95**  P:10 C:52 F:9
Your choice of: Vegemite 1562kj, Honey 1701kj or Peanut Butter 1927kj.

CHILLI EGGS 2339kj **\$15.95**  P:27 C:35 F:36
Scrambled eggs, smashed avocado, wilted spinach and grilled haloumi topped with tomato salsa and harissa sauce on toasted quinoa sourdough.


OMELETTE 777kj **\$11.95**   P:18 C:6 F:11
Baby spinach, mushroom, tomato and onion served with a side of rocket.

GREEN BREAKY POKE BOWL 2205kj **\$17.95** P:42 C:30 F:29
Kale, edamame beans, charred corn and smashed avocado, topped with two poached eggs and smoked salmon.  

FRITTERS 1188kj **\$9.95**    P:10 C:37 F:10
Corn and zucchini fritters with beetroot hommus and rocket.
Add: Egg \$3, Bacon \$6, Smoked Salmon \$6, Smashed Avocado \$4
































HEALTHY BENNY 3040kj **\$15.95** P:41 C:28 F:52
Two poached eggs with kalenaise sauce, wilted spinach and bacon on toasted quinoa sourdough.

BIG BREAKFAST 4141kj **\$21.95** P:56 C:63 F:61
Two eggs, grilled haloumi, bacon, mushrooms, tomato relish, smashed avocado, rocket and two slices of toasted quinoa sourdough.

BREAKFAST WRAP 1902kj **\$12.95**  P:25 C:30 F:27
Scrambled eggs, smashed avocado, grilled haloumi and baby spinach with tomato salsa on a wholemeal tortilla.



**Gluten free bread available on request.*

C.Y.O BREAKFAST


Quinoa Sourdough (1) 709kj   P:5 C:26 F:4	\$2
Eggs (2) 588kj    P:13 C:6 F:10	\$6
Bacon (2) 1255kj   P:22 C:1 F:26	\$6
Smoked Salmon (2) 281kj   P:12 C:0 F:2	\$6
Mushrooms 105kj    P:3 C:0 F:0	\$4
Baby Spinach 25kj    P:1 C:0 F:0	\$2
Fritters (2) 777kj    P:7 C:30 F:4	\$6
Smashed Avocado 428kj    P:1 C:5 F:11	\$4
Kale, Tomato & Onion 159kj    P:3 C:8 F:0	\$3
Grilled Haloumi (2) 315kj   P:6 C:1 F:5	\$3
Feta 466kj   P:7 C:0 F:9	\$3
Beetroot Hommus 193kj    P:1 C:3 F:3	\$2






SALADS

CHICKEN AVO SALAD 2574kj **\$15.95**   P:38 C:28 F:42
Garlic herb chicken breast, avocado, sweet potato, rocket and walnuts with an avo herb dressing.

HEALTHY CAESAR 2835kj **\$17.95** P:54 C:14 F:46
Quinoa crusted chicken tenders, bacon, parmesan cheese, boiled egg, lettuce, roasted buckwheat and almond flakes with an aioli dressing.

LAMB SALAD 1764kj **\$18.95**   P:39 C:14 F:23
Mediterranean lamb, cucumber, tomato, baby spinach, beetroot, carrot, harissa sauce and beetroot hommus.

VEGAN RAINBOW SALAD 2087kj **\$15.95**    P:19 C:35 F:34
Edamame beans, kale, charred corn, red cabbage, smokey pumpkin and smashed avocado. P:19 C:35 F:34



WRAPS & BURGERS

LAMB WRAP 1974kj **\$15.95** P:39 C:28 F:21
Mediterranean lamb, carrot, cucumber, beetroot, lettuce and aioli on a wholemeal tortilla.



STEAK WRAP 2062kj **\$14.95** P:47 C:33 F:18
Smokey BBQ steak, lettuce, char veg, beetroot and aioli on a wholemeal tortilla.

CHIPOTLE CHICKEN WRAP 2020kj **\$13.95** P:30 C:29 F:28
Chipotle chicken thigh, tomato, baby spinach, avocado and aioli on a wholemeal tortilla.

CHICKEN BURGER 1927kj **\$13.95** P:29 C:37 F:21
Baked quinoa crusted chicken, tomato, lettuce and chilli aioli on a wholemeal bun.

CLASSIC BEEF BURGER 1995kj **\$14.95** P:28 C:36 F:22
Beef patty, tomato relish, lettuce, tomato and aioli on a wholemeal bun.

MIGHTY BURGER 3137kj **\$16.95** P:46 C:32 F:48
Beef patty, bacon, beetroot, tomato, fried egg, lettuce and aioli on a wholemeal bun.

VEGGIE BURGER 1163kj **\$13.95**   P:8 C:37 F:11
Fritter patty, beetroot hommus, carrot, lettuce and avocado on a wholemeal bun.

Sides: Sweet Potato Wedges \$4, Garden Salad \$2, Sauces \$1, Bowl of Sweet Potato Wedges \$6












**Gluten free bun or naked option available on request.*

C.Y.O PLATE






























1 LETS TALK PROTEIN

	100g	200g
Garlic Herb Chicken Breast  	\$8 667kj P:30 C:0 F:4	\$12 1335kj P:60 C:0 F:8
Quinoa Crusted Chicken	\$8 693kj P:24 C:8 F:4	\$12 1386kj P:48 C:16 F:8
Chipotle Chicken Thigh  	\$8 802kj P:23 C:0 F:11	\$12 1541kj P:46 C:0 F:22
Falafels   	\$8 1104kj P:11 C:25 F:11	\$12 1936kj P:22 C:50 F:22
Smokey BBQ Steak 	\$12 756kj P:31 C:2 F:5	\$16 1503kj P:62 C:4 F:10
Mediterranean Lamb  	\$12 961kj P:34 C:0 F:10	\$16 1923kj P:68 C:0 F:20
Salmon Fillet  	\$12 991kj P:24 C:0 F:15	\$16 1982kj P:48 C:0 F:30








2 THE GOOD STUFF CARBS

Brown Rice 642kj	\$2    P:3 C:32 F:1
Basmati Rice 458kj	\$2    P:3 C:31 F:0
Rosemary Baked Sweet Potato 319kj	\$3    P:2 C:20 F:0
Sweet Potato Wedges 785kj	\$4   P:2 C:29 F:7

3 ALWAYS EAT YOUR VEGGIES

Char Veg 97kj	\$3    P:1 C:4 F:0
Honey Baked Carrots 196kj	\$3    P:1 C:9 F:0
Smokey Pumpkin 218kj	\$3   P:2 C:8 F:0
Mushrooms 105kj	\$4    P:3 C:0 F:0
Kale, Tomato & Onion 159kj	\$3    P:3 C:8 F:0
Charred Corn 273kj	\$3    P:3 C:10 F:1
Green Beans 88kj	\$3    P:2 C:6 F:0
Broccoli 130kj	\$3    P:5 C:5 F:0
Garden Salad 306kj	\$2    P:1 C:3 F:7
Smashed Avocado 428kj	\$4    P:1 C:5 F:11



4 THOSE HEALTHY SIDES

Boiled Egg 294kj	\$3    P:6 C:0 F:5
Beetroot Hommus 193kj	\$2    P:1 C:3 F:3
Aioli 571kj	\$1  P:0 C:0 F:15
Chilli Aioli 484kj	\$1  P:0 C:2 F:12
Harissa 235kj	\$1    P:0 C:1 F:6


Something Sweeter

ACAI BOWL \$13.95

Topped with granola, chia seeds, shredded coconut and fruit.

  2188kj P:12 C:56 F:27

PROTEIN PANCAKES \$12.95

Four stack topped with fruit and maple syrup. 

1470kj P:16 C:65 F:3



DINNER

STIR FRY

Brown rice, broccolini and green beans with a honey soy sauce.

Your choice of:

Chicken 1717kj \$17.95   P:37 C:51 F:5



Steak 1768kj \$21.95   P:38 C:51 F:7



Lamb 1986kj \$21.95   P:41 C:51 F:12

SET PLATES

1) Smokey BBQ steak, sweet potato wedges, char veg and broccolini 2478kj \$26.00  P:69 C:39 F:19

2) Mediterranean lamb, char veg, smokey pumpkin, kale, tomato and onion 2381kj \$26.00  P:73 C:19 F:21

3) Salmon broccolini, roast sweet potato and kale, tomato and onion 2566kj \$26.00   P:56 C:33 F:32

4) Garlic herb chicken breast, sweet potato mash and broccolini with mushroom sauce 2339kj \$22.00   P:66 C:22 F:21

PASTA

VEGETARIAN PASTA 1898kj \$15.95  

Quinoa penne, char veg, spinach and feta with napolitana sauce. P:13 C:48 F:14

CREAMY CHICKEN PASTA 2482kj \$15.95  

Quinoa penne, garlic herb chicken, mushrooms and broccolini with a coconut cream sauce. P:40 C:43 F:19

Nutritional Key

 Gluten Free  Dairy Free
 Vegetarian  Vegan

P: Protein C: Carbohydrates F: Fat



The average adult daily energy intake is 8700kj.

Foods are prepared on surfaces that also handle gluten, egg, dairy, fish, soy, peanuts, tree nuts, lupin, crustaceans and sesame seeds. Some foods may also contain traces of sulphite.



SUPER SMOOTHIES



BASE SHAKE 462kj **R \$4.95 L \$5.95**   P:17 C:6 F:2
Your choice of protein.

Add: Coffee Shot \$2, Creatine \$1, Carnitine \$1 or L-glutamine \$1



BANANA BLISS 1255kj **R \$9.95 L \$10.95** P:28 C:24 F:9
Vanilla protein, chia seeds, honey, walnuts, cinnamon, banana.  

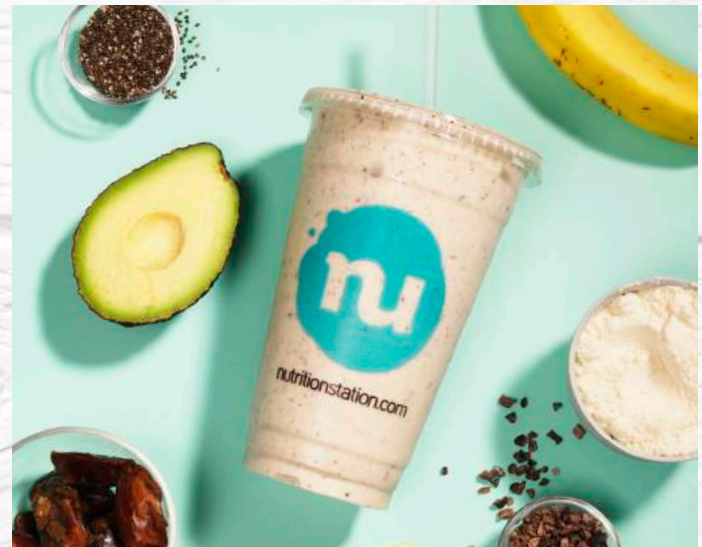
HONEY NUTTER 1435kj **R \$9.95 L \$10.95** P:34 C:16 F:16
Chocolate protein, peanut butter, chia seeds, honey.  


NUTTY BANANA 1628kj **R \$9.95 L \$10.95** P:34 C:26 F:16
Vanilla protein, banana, peanut butter, honey, chia seeds.  

FOREVER ENERGY 1222kj **R \$9.95 L \$10.95** P:29 C:19 F:10
Vanilla protein, almond flakes, chia seeds, dates, avocado, banana.  



GREEN & LEAN 431kj **R \$9.95 L \$10.95** P:3 C:17 F:2
Super greens, spinach, apple, passionfruit, banana, chia seeds.    **Add:** Protein \$2

BERRY SWEET 912kj **R \$9.95 L \$10.95** P:27 C:16 F:5
Vanilla protein, mixed berries, goji berries, cranberries, shredded coconut.  



MANGO MADNESS 1402kj **R \$9.95 L \$10.95** P:29 C:32 F:10
Vanilla protein, almond flakes, chia seeds, honey, mango.  

ACAI 879kj **R \$9.95 L \$10.95** P:3 C:38 F:5
Acai, banana, chia seeds, goji berries, cranberries.   

KETO 1600kj **R \$9.95 L \$10.95** P:35 C:9 F:23
Vanilla protein, peanut butter, avocado, baby spinach, walnuts, cinnamon.  

**Vegan protein available on request.*

KIDS MENU

STIR FRY 1054kj **\$8.95**   P:35 C:21 F:4
Chicken breast, basmati rice, broccoli and carrots.

PANCAKES 995kj **\$5.95**  P:8 C:48 F:2
Mini pancakes with seasonal fruit and maple syrup.


CHEESE TOASTIE 2129kj **\$5.95**  P:21 C:53 F:23


CHICKEN TENDERS & CHIPS 1478kj **\$8.95** P:26 C:37 F:10
Baked quinoa crusted chicken tenders with sweet potato wedges.

EGGS, BACON & TOAST 1923kj **\$8.95** P:29 C:27 F:27

SWEET POTATO WEDGES 1570kj **\$5.95**  P:3 C:59 F:13

SMOOTHIES

CHOCOLATE 1016kj **\$4.95**  P:9 C:33 F:7
Light milk and chocolate powder.

BANANA 810kj **\$4.95**   P:9 C:30 F:4
Light milk, banana and honey.

BERRY 571kj **\$4.95**   P:9 C:16 F:4
Light milk and mixed berries.

Kids Meal Deal \$9.95

Chicken Tenders + Sweet Potato Wedges + Nudie Juice



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