# **BREAKFAST - Served All Day**

**BLUE INFUSION BREAKFAST** – eggs your way, bacon, hash brown, thyme roasted tomato, w/ sourdough 17.9

**BIG BREAKFEAST** – eggs your way, bacon, hash brown, haloumi, sausages, thyme roasted tomato, baked beans & mushrooms w/ toasted turkish 24.0

**VEGETARIAN BIG BREAKFEAST** – eggs your way, hash brown, haloumi, thyme roasted tomato, baked beans & mushrooms, tomato relish & house made avocado smash w/ toasted Turkish [V] 24.0

**EGGS BENEDICT** – traditional eggs benny on turkish bread w/ a choice of mushrooms, ham, bacon or salmon [**V option available**] 19.9

**FRENCH TOAST** - two slices of thick french toast drizzled in maple syrup served w/ fresh fruits, ice-cream & a dusting of cinnamon sugar [V] 17.9 + bacon 5.0

**BREAKFAST ROLL** – fried egg, bacon, hash brown, cheese, rocket & bbq sauce on turkish bread 15.5

+ house made avocado smash 4.0

+ hash browns

40

**BREAKFAST BRUSCHETTA** – poached eggs. pumpkin sourdough, cherry tomatoes, feta, red onion, house made avocado smash, beetroot hummus & dukka **[V]** 17.9

+ haloumi 3.0 + bacon 5.0

**AVOCADO SMASH** - house made avocado smash served on sourdough w/ feta, rocket & fresh lemon [V] 16.9

+ haloumi 3.0 + poached eggs 4.0

**BREAKIE CROISSANT** - filled w/ scrambled eggs, roasted vine tomatoes & tomato relish [V] 15.9

+ bacon 5.0

**NOURISH BOWL** - quinoa, roasted pumpkin, mushrooms, sweet potato, capsicum, cherry tomatoes, spinach & red onion. Served w/ house made capsicum hummus **[V] [GF]** 15.9

+ bacon 5.0 + chicken 5.0

**BELGIAN WAFFLES** - toasted waffles served w/ fresh fruits, vanilla ice-cream & a generous drizzle of maple syrup **OR** served w/ fresh fruits acai/ice-cream twist & a

generous drizzle of our house made berry coolie 17.9

+ bacon 5.0

**FRENCH OMELETTE** – spinach, feta with a choice of bacon, salmon, ham or mushrooms **[GF] [V]** 18.9 + toasted Turkish 3.0

**KETO BREAKFAST** - bacon, poached eggs, spinach, thyme roasted tomatoes, mushrooms & hollandaise **[GF]** 20.9

#### TWO EGGS ON SOURDOUGH

fried, poached or scrambled 11.90 + bacon 5.0

\*Gluten Free Bread Available as substitution on all meals [GF]



## SUPER FOODS

BANANA SMOOTHIE 8.7
BERRY SMOOTHIE 8.7
MANGO SMOOTHIE 8.7
TROPICAL SMOOTHIE 8.7
GREEN & CLEAN SMOOTHIE 8.7

**ACAIFLOW BOWL-** Acai flow from our soft serve machine topped with crunchy granola & seasonal fruit **[DF][V]** 

OR **TWIST** it up with half AcaiFlow & half Vanilla Icecream. **[V]** 15.9

## SIDES

Bacon 5.0 Tomato 2.0 Smoked Salmon 5.0 2 Eggs 4.0 Mushrooms 3.0 Sausage 4.0 Spinach 2.0 Hash browns 4.0 Smashed Avocado 4.5 Haloumi 3.0 Hollandaise 3.5 Baked beans 2.5 Tomato Relish 3.0 Chips 4.5

If you are following Dr Scott Fox' [Accupunture & Chinese Herbal Medicine] meal plan,

We recommend that you order the

Keto Breakfast and we will swap out the tomato for extra mushrooms.

Or

French Omelette.

## LUNCH - Served from 10am

CHEESEBURGER - juicy beef patty, cheese, mesclun & our very own house made burger sauce. Served w/ chips 15.90			
+ beetroot 1.00 + tomato 1.0 + fried egg 1.5 + bacon 2.5			
CHICKEN BURGER - crispy chicken snitty, mesclun & mayo. Served w/ chips 16.9			
+ beetroot 1.0 + tomato 1.0 + cheese 1.0 + bacon 2.5			
VEGGIE BURGER - vegetable patty, mesclun, tomato, beetroot, grated carrot & mayo. Served w/ chips 17.9			
DELUXE SANDWICH – grilled chicken, bacon, brie, spinach & aioli on toasted turkish bread 15.9 + chips 4.5			
BLT - thick toast filled with bacon, lettuce, tomato & mayo 11.9 + chips 4.5			
NACHOS - a vegetarian delight of corn chips topped w/ mozzarella cheese, house made warm bean salsa, sour cream & house made smashed avocado [V] [GF] 15.9 + jalapenos			
SEAFOOD BASKET -crumbed prawn cutlets, squid rings, seafood bites, tempura fish & battered seafood bites w/tartare sauce, fresh lemon & chips 17.9			
THAI BEEF SALAD - tender beef strips, mesclun,			

THAI BEEF SALAD - tender beef strips, mesclun, cucumber, red onion, carrot, cherry tomatoes, fresh mint & parsley w/ our house made lime & cilantro dressing [GF] 17.9

CHICKEN & HALOUMI SALAD – juicy chicken breast, haloumi, mesclun, grated carrot, cherry tomatoes, cucumber, olives, red onion & house made dressing [GF] 17.9

**LUNCH BRUSCHETTA** - toasted pita bread topped with fresh basil, tomato, red onion & feta [V] 10.5

<code>HOT CHIPS</code> - w/ your choice of aioli, tomato or bbq sauce [V][DF] 8.0

SWEET POTATO CHIPS - w/ your choice of aioli, tomato or bbq sauce [V] [DF]  $\phantom{000}9.0\phantom{000}$ 

\*Gluten Free Bread Available as substitution on all meals [GF]



#### **KIDS CORNER**

### for children ages 12 & under

TOAST [2] w/ vegemite, peanut butter, jam or honey	6.5
EGG ON TOAST poached, fried or scrambled	7.5
BACON & EGG ROLL BACON & EGG WRAP	8.0 8.0
KIDS WAFFLE [1] w/ Acai/Vanilla ice-cream twist, fruit & house mad berry coulis. OR	е
w/ ice-cream, fruit & maple syrup	10.0
NUGGETS & CHIPS	10.0
KIDS CHIPS	4.5
KIDS CHESEBURGER meat, cheese, tomato sauce	8.5
HAM & CHEESE TOASTIE	8.0
KIDS MILK SHAKE Chocolate, Strawberry, Caramel, Vanilla, Blue heaven, Banana	4.5
KIDS THICKSHAKE Chocolate, Strawberry, Caramel, Vanilla, Blue heaven, Banana	5.5
KIDS JUICE Apple, Orange, Pineapple	2.5
BABYCINO w/ marshmallows	1.5
KIDS ICECREAM w/topping & sprinkles	2.5

[V] VEGETARIAN [GF] GLUTEN FREE [DF] DAIRY FREE

# **HOT DRINKS**

COFFEE Espresso Ristretto Macchiato Piccolo Latte Affogato	Small 3.7 3.3 3.9 3.9 4.2	Medium	Large	
Long Black	4.0	4.5	5.0	
Flat White Latte Cappuccino	4.5 4.5 4.5	5.0 5.0 5.0	5.5 5.5 5.5	
Chai latte	4.5	5.0	5.5	
Turmeric Latte	4.5	5.0	5.5	
Hot Chocolate	4.5	5.0	5.5	
White Hot Chocolate	4.5	5.0	5.5	
Mocha	4.7	5.2	5.7	
Nutella Hot Choc	5.0	5.5	6.0	
Vietnamese Coffee	5.0	5.5	6.0	
Alternative Milks Lactose Free, Soy, Almond, Oat, Coconut .5				
Add Syrups Add Marshmallows		.5 .5		
Teas English Breakfast, Earl Gre Peppermint, Lemongrass		5.0 namomile,		
Chai Tea		5.0		

# FAMOUS BLUE INFUSION

Cookies & Cream
Creamy Carmelo
Hershey's Chocolate
Nutty Nutella
Honeycomb
Golden Gaytime
Coconut Bounty
Blue Infused Sour Worms

11.95



# **COLD DRINKS**

House Made Iced Tea Strawberry, Peach or Mango	6.0
Iced Latte - espresso, milk, ice	6.0
Iced Chai Latte - chai, milk, ice	6.0
Vietnamese Iced Coffee - condens milk, espresso, milk, ice	ed 7.0
Iced Long Black	5.0
Iced Coffee - espresso, milk, ice-cr cream, ice	eam, 7.5
Iced Chocolate - chocolate, milk, ice-cream, cream, ice	7.5
Iced Mocha - espresso, chocolate, m -cream, cream, ice	nilk, ice 8.0
Orange Juice	4.5
Apple Juice	4.5
Pineapple Juice	4.5
Milkshakes Chocolate, Caramel, Vanilla, Straw Blue Heaven, Banana, Coffee	7.5 berry,
Frappe	

Mango, Guava & Lychee

Raspberry & Pomegranate

Chocolate

Coffee

7.5

7.5

8.0

8.0