



BREAKFAST

We'll Fill you up without weighing you down!

AREPAS

Cornmeal based pocket bread.

Crisp on the outside, soft polenta- like on the inside

GF, DF, V, VG

BACON & EGG

Scrambled egg & tasty Bacon with Tomato Relish

9

EGG & CHEESE

Scrambled egg & tasty cheese with Tomato Relish

8

BEANS & EGG

Spicy Black beans & Scrambled Egg

9

WESTERN EGG

Capsicum, Tomato & Onion with Scrambled Egg

9

Tomato Relish

CHIA SEED PUDDINGS

A quick tasty take away Brekky on the run

- subject to availability

6

FEEL GOOD FOLDIES

Coconut Based Wraps

GF, DF

BACON & EGG

Scrambled egg & tasty Bacon with spinach &

Tomato Relish

9

EGG & CHEESE

Scrambled egg & tasty cheese with spinach &

Tomato Relish

9

BEANS & EGG

Spicy Black Beans, Scrambled egg & tasty cheese

with spinach & Tomato Relish

9

WESTERN EGG

Capsicum, Tomato & Onion with Scrambled Egg

Spinach & Tomato Relish

9



LUNCH

Food made with love

AREPAS

Cornmeal based pocket bread.

Crisp on the outside, soft polenta- like on the inside

GF, DF, V, VG

PULLED LAMB SHOULDER

Slow cooked deliciously flavoured lamb, coleslaw, aioli

10

CHICKEN SALAD

Pulled Chicken thigh, capsicum, shallots, parsley, coriander, mayo, yoghurt, hint of chilli.

10

SPICY BEANS

Spicy Black beans & tasty cheese

10

ADD SWEET POTATO FRIES

half serve

3

FEEL GOOD FOLDIES

Coconut Based Wraps

GF, DF

PULLED LAMB SHOULDER

Slow cooked deliciously flavoured lamb, Mixed Spinach & rocket, coleslaw, aioli.

12

CHICKEN SALAD

Pulled Chicken thigh, capsicum, shallots, parsley, coriander, mayo, yoghurt, hint of chilli.

12

Mixed Spinach & rocket, coleslaw, aioli.

SPICY BEANS

Spicy Black beans & tasty cheese

12

Mixed Spinach & rocket, coleslaw,

CRISPY PRAWN

Cider battered prawns with creole seasoning

14

Mixed Spinach & rocket, coleslaw, aioli.

ADD SWEET POTATO FRIES

half serve

3



To Cook
is
To Love

LUNCH CONT...

Globally inspired Healthy street Food

SIGNATURE SALAD

*Mixed Spinach & Rocket,, Roasted Sweet Potato,
Chickpea tomato, capsicum, Feta, pine nuts,
avocado.*

Aioli or Balsamic Vinegar dressing

10

PULLED LAMB SHOULDER

Slow cooked deliciously flavoured lamb,

Add \$3.50

CHICKEN SALAD

*Pulled Chicken thigh, capsicum, shallots, parsley,
coriander, mayo, yoghurt, hint of chilli.*

Add \$3.50

SPICY BEANS

Spicy Black beans

Add \$3.50

CRISPY PRAWN

Cider battered prawns with creole seasoning

Add \$5.00

SIDES

SWEET POTATO CHIPS

Aioli, BBQ, Tomato sauce

6

DRINKS

WATER

3

COCONUT WATER

3

CAPI SPARKLING DRINKS

3.90

KOMBUCHA

On availability

4.9





EVENTS/ SPECIALTY ITEMS

Easy to share with one you love

SPECIAL TREATS

EGG-CELLENT BITES

Parmesan GF crumb Eggplant bites with Aioli

8

PRAWN CONE

*Cider battered prawns with creole seasoning &
Sweet Potato Chips, Aioli*

12

LOADED FRIES

Lamb, chicken, beans with sweet potato chips, Aioli

10

CHILDREN'S MENU

CHICKEN BALLS

*Crumbed real chicken balls with hidden veggies &
sweet potato chips*

8

