



# Coffee

LOVE IN EVERY CUP



FLAT WHITE	5.00
CAPPUCCINO	5.00
LATTE	5.00
HOT CHOCOLATE	5.00
MOCHA	5.50
CHAI	5.00
LONG BLACK	4.50
DOUBLE ESPRESSO	4.00
PICCOLO	4.00
MACCHIATO	4.00
TEA	3.50
EXTRA SHOT	1.00
FLAVOUR SHOT	0.50

## Smoothies

VERY BERRY	8.90
VANILLA BEAN BANANA	8.90
LEAN MACHINE	9.90
GREEN DREAM	9.90
ICED COFFEE FRAPPE	8.90

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# Breakfast

BEST MEAL OF THE DAY



**Scrambled Egg, Tomato Relish & Spinach**



## Arepas

*Cornmeal Based Pocket Bread  
Crisp on the outside, soft polenta-like on the inside  
Presented like a stuffed English Muffin*

**BACON AND EGG**

**12.00**

**EGG AND CHEESE**

**EGG AND SPICY BLACK BEANS**

**WESTERN EGG**

*Capsicum, Tomato & Onion with Scrambled Egg, Tomato Relish & Spinach*

## Foldies

*Soft Crepe-like Coconut Based Wraps Presented like a burrito*

**BACON AND EGG**

**12.50**

**EGG AND CHEESE**

**EGG AND SPICY BLACK BEANS**

**WESTERN EGG**

*Capsicum, Tomato & Onion with Scrambled Egg, Tomato Relish & Spinach*

## Omelettes

**Bacon, Tomato, Eschalots, Cheese, Spinach: 15.00**  
Choice of 2 or max 3 fillings



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# MENU

100% GLUTEN FREE  
MADE WITH LOVE

## KARAAGE CHICKEN

Japanese Fried Chicken \$10

With Sweet Potato Chips \$15

## BEEF, CHICKEN OR LAMB FOLDIE

Coconut Based Wrap \$14

Vegetarian Option Available

## LOADED FRIES

Korean Spiced BBQ BRISKET, Lamb or Portuguese Chicken \$15

Vegetarian Option Available







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# MENU

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## LAMB SALAD

Spinach, Pear, Walnut,  
Cheese, Balsamic \$14



## NACHOS

Beef or chicken \$14

Vegetarian Option  
Available

Add Spicy Beans \$3.50



## FISH N CHIPS

Fresh Fish & Sweet  
Potato Chips \$15

Fish Foldie -  
Coconut Based Wrap \$15



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# MENU

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## SWEET POTATO CHIPS

Aioli, Sweet Chili \$8  
Bbq, Tomato



## DRINKS

Coke products \$4

Juice \$4.50

Water \$3

## SMOOTHIES

Very Berry \$8.90

Vanilla Bean Banana \$8.90

Green Dream \$9.90

Lean Machine \$9.90

Iced Coffee Frappe \$8.90







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# MENU

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## AREPAS

*Corn Meal Based Pocket Breads  
For Something Different*



Lamb

Chicken

Rump

Brisket

\$9

*Spinach, Coleslaw, Aioli*

