



# Lunch

AVAILABLE  
MON-FRIDAY  
12.00 - 3.30

## Soup of the month **GF** 6.5

Seasonally changing vegān & gluten-free soup served with toasted sourdough <sup>1</sup>  
add a small cup of soup to any item +3.00

## Cheese toastie \* 7.5

mature cheddar cheese, spring onion & house tomato relish on toasted sourdough served with house slaw <sup>1,3,13</sup>

## Lb burrito \* 9.7

crispy potatoes, cheesy scrambled eggs, avocado, fermented hot sauce, jalapeños, pickled onion & lime yogurt <sup>1,2,3,12</sup>  
vegan option with black bean & cashew lime crema +0.50

## Little Bird quesadillas **GF** 11.0

two cheesy crispy corn tortillas, salsa roja, black beans, lime yogurt and house pickles <sup>3,13</sup>  
add fried egg +1.5 avocado +2.50

## Avocado cashew lime butter \* **V** 11.5

toasted sourdough, cashew lime butter, smashed avocado, dressed leaves, tamari seeds, coriander & fresh sprouts <sup>1,7,12,13,15</sup>  
add fried or poached egg +1.5

## Rice bowl **GF V** 11.5

sushi rice, roasted pumpkin, soy & ginger braised Savoy cabbage, cashew nut chilli crisp, pickle carrot &, radish, coriander <sup>7,12,13,15</sup>  
scallions  
add fried egg +1.5

Gluten-free option available  
GF. Gluten-free  
V. Vegan

## VEGAN TREATS

Cranberry & almond bliss ball <sup>4</sup> 2.5

Sea salt choc chip cookie <sup>1,13</sup> 2.7

## FLOURLESS CAKES

Almond or Pistachio Friand <sup>2,3,4,5</sup> 3.5

Chocolate torte <sup>2,3,4,5,13,16</sup> 4.7

Cherry Pistachio cake <sup>2,3,12</sup> 4.7

Allergens: 1. Gluten 2. Eggs. 3. Milk 4. Almonds 5. Pistachios 6. Peanuts 7. Cashew nut 8. Walnut 9. Hazelnut 10. Pine nut 11. Celery 12. Sesame seeds 13. Sulphites 14. Mustard 15. Soy 16. Lupin

GF: Made with Gluten-free ingredients, however we do use gluten in our kitchen so cannot guarantee no trace of gluten

# Drinks

## COFFEE

Espresso	2.0 / 2.5
Macchiato	2.5 / 3.0
Americano	3.0
Flat white	3.2
Latte / Cappuccino	3.3
Mocha	3.9
Iced Americano	3.1
Iced Latte / Iced Chai Latte	4.0
Iced Mocha / Frappuccino	4.0

Oat . Almond . Coconut milk +50c  
House Vanilla or Caramel syrup +10c

## TEA / CHAI / MATCHA

Pot of tea	3.2
Matcha tea	3.3
Turmeric latte	3.5
Matcha/Chai latte	3.7
Iced chai latte	4.0
Wall & Keogh herbal tea	3.5

Earl Grey Rooibos Mint Lemon&Ginger  
Unicorn tears Rooibos Sencha Green

## HOT CHOCOLATE

Milk hot chocolate	3.9
Vegan hot chocolate	4.2

almond, coconut or oat milk

We use 70% Belgium choc drops

## FOR CHILDREN

Babachino	2.0
Hot chocolate	2.8
Pip's apple / mango smoothie	2.5

## VEGAN SMOOTHIES

5.50

### Mixed berry & banana

with orange juice &  
coconut milk

### Spinach boost

with passion fruit, pineapple, lime,  
ginger & almond milk

### Tropical turmeric

with mango, pineapple, lime,  
orange & coconut milk

## RAW JUICES 3.5

Orange  
Grapefruit  
Apple, pineapple & ginger

## WATER

Still water	2.5
Sparkling 500ml SanPelligrino	3.0
Sparkling 750ml Fior Uisce	4.0

## SOFT DRINKS 3.5

Con's Apple juice  
Con's Sparkling apple juice  
Con's Lemonade/Pink lemonade  
Whole Earth Cranberry  
Whole Earth Ginger  
All about Kombucha 4.2