



**Six Counties Bacon & Egg Roll**  
Crispy Bacon, Fried Egg, Avo,  
Spinach Tomato Chutney,  
Hollandaise served on a toasted  
Milk Bun 15

**Protein Smash**

Egg White Omelette, Baby Spinach,  
Heirloom Tomato, Basil & Dukkha 24

**Corn Fritters V**

Served with Fresh Avocado & Tomato  
Salsa. Choice of Bacon OR Haloumi 22

**Field Mushrooms, Feta & Wilted Spinach** on Toasted Sourdough 15

**Eggs Benny** Seeded Mustard & Lime  
Hollandaise, Baby Spinach, Two  
Poached Eggs on Toasted Turkish 16  
with Ham 18  
with Salmon 19

<b>Poached, Scrambled or Fried Eggs</b>	12
Toasted Turkish <i>or</i> sourdough	
+ Wilted Spinach   Mushrooms	+ 2
+ Grilled Tomato	+ 3
+ Haloumi   Avocado   Bacon	+ 4
+ Smoked Salmon	+ 4

**Salads**

**Warm Kale & Broccolini Salad,**

V DF GF

Smashed Avocado, Sweet Potato,  
Quinoa, Pomegranate, Dukka & Spiced  
Lentil Coconut Dressing 18

Poached Chicken *OR* Haloumi 20  
Salmon *OR* Two Poached Eggs 21

**Quinoa Falafel Salad Bowl GF V**

Roasted Spiced Cauliflower,  
Avocado, Baby Spinach, Beetroot  
Spiced Hummus, Lime-Honey Labneh 22

**Please Order  
at the Counter  
~thank you!**

**Soup**

**Smoked Chorizo & Tenterfield  
Bean Soup** Herb Pistou, Pistachio &  
Dukkha 16

**Sandwiches**

**Ham & Cheese Croissant**  
Double Smoked Ham & Cheddar 8

**Honey Smoked Ham Cheese Tomato**  
Double Smoked Ham, Cheddar,  
Fresh Tomato, Honey 13

**B.L.A.T**  
Crispy Bacon, Lettuce, Avocado,  
Tomato & Smoked Chilli Mayo 15

**Grilled Chicken Breast**  
Grilled Chicken, Avocado, Crispy  
Bacon & Aioli 16

**Haloumi & Smashed Avocado**  
Grilled Haloumi, Avocado, Tomato  
Chutney, Spinach & Chipotle Mayo 16

Plain Croissant 5  
Banana Bread GF 5  
Daily Muffin 5  
Brownie GF 4  
Choc Chip Cookies 4



## Smoothies

### Super Green

Kale, Avocado, Coconut Water & Banana 8

### Bango

Mango, Banana, Ice, Apple Juice 8

### The New Yorker

Espresso Doppio, Maple Syrup, Milk Vanilla Ice Cream 8

### Banana Rama

Banana, Yoghurt, Milk, Honey & Vanilla Ice Cream 8

### Strawberry Fields

Strawberries, Yoghurt, Milk, Honey & Vanilla Ice Cream 8

+ Soy, Almond, Oat, Lactose Free Milk +1

## ALLPRESS

ESPRESSO

**Browns Mills Organic  
Origins Colombia, Brazil**

The blend is created to ensure a balanced and distinctive taste in the cup. All our **organic** coffee arrives with certificates verifying authenticity

All our Coffees are made with a **Double Ristretto** to ensure the Smoothest Extraction

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~ thank you!**

## Fresh Juices

Orange Juice	7.5
Celery, Spinach, Apple	8.5
Carrot Apple Ginger	8.5

## Sticky Chai Masala Honey Blend

Chai Latte	6.00
Dirty Nelly	6.50

## Kombucha

Turmeric	4.50
Ginger	4.50

Sparkling Water	4
Bottled Water	4
Lemon, Lime & Bitters	4
Coke, Coke Zero, Diet Coke	4