



# Drink

## SMOOTHIES

Optional protein powder

Choose your milk - skim cow, Milklab almond, bonsoy, oat milk

Choose your yoghurt - Greek yoghurt or coconut yoghurt

<u>Berry Smooth</u> - berries, milk, honey, yoghurt	9.5
<u>Banana</u> - banana, milk, honey, yoghurt, cinnamon	9.5
<u>Go Berry</u> - milk, mango, berries, honey, yoghurt	9.5
<u>Mang-coco</u> - mango, coconut cream (GF / DF)	9.5

## JUICES

<u>Liver Lover</u> - celery, apple, cucumber, ginger, lemon	9.5
<u>Sunrise</u> - pineapple, orange, lemon	9.5

## COLD DRINKS

<u>Capi water</u> - still, sparkling	4
Arepa Nootropic Brain Drink - still	7
Arepa Nootropic Brain Drink - sparkling	8
Iced Latte / Iced Coffee / Iced Choc	8

## HOT DRINKS

	Sml	Med	Lrg
Coffee - Surf Coast Coffee Roasters 'Winki Pop' blend	4	4.5	5
Hot chocolate			
<u>Tea</u> - Chai, English Breakfast, Lemon Ginger, Forest Berries, Peppermint, Green			
Alternative milk - Milklab almond, bonsoy, oat	+ 1		
Additional shot		+ 1	



# Eat

PLEASE SEE CABINET FOR DAILY SELECTION

## BREAKFAST

Bacon & egg sourdough toastie	8
<u>Brioche roll</u> - bacon, egg, relish, cheese, tomato & baby spinach	8
Veggie frittata	8

## LUNCH

Soup of the Day	9
Pulled pork brioche roll	12
Chicken panini	12
<u>Pastries</u> - lentil pie, chicken pie, spinach & ricotta roll, sausage roll	6

## SWEETS

Banana bread (GF / DF option available upon request)	7
<u>Slice</u> - Jelly slice, Hedgehog, Peppermint Hedgehog	6
Assorted Muffins	6
<u>Bliss balls</u> – Chocolate / date / almond	4.5
<u>Cookies</u> – Chocolate / nut	4.5