

# Loved

(since 2012)

Please see the blackboard for inspiration

<b>Muffins</b>		6
<b>Banana bread (v)</b> toasted, with coconut yoghurt and local honey		10
<b>Ciabatta or seeded gluten free toast (v)</b> butter and spiced organic berry jam, vegemite, local honey or peanut butter	7.5	8.5
<b>Home made toasted muesli (ve)</b> toasted oats, nuts and dried fruits, vanilla apple puree, house coconut yoghurt and chilled fresh coconut milk		16
<b>Açaí bowl (ve)</b> Chilled organic pure açai and banana, house granola, toasted coconut, chia seeds and seasonal fruits		16
<b>Avo and egg roll (v, gf available)</b> egg, avocado, fresh spinach, aioli and house relish in a wholemeal Turkish roll		14
<b>Bacon and egg roll (gf available)</b> smoked bacon, egg, baby spinach, aioli and relish in a wholemeal Turkish roll add avocado smash +2		14
<b>Tassie (gf)</b> smashed avo, fresh spinach, Tasmanian smoked salmon (or smoked bacon), poached eggs and aioli on gluten free toast		24
<b>Haloumi and asparagus (v)</b> grilled haloumi, asparagus, raw spinach, poached eggs, toasted ciabatta and lemon dressing		20
<b>Goodness (v, ve, gf)</b> nourishing bowl of avocado, kale, organic brown rice, housekraut and roast pumpkin add poached egg +3.5		20
<b>Coconut hotcake (v, gf)</b> toasted nuts, pure maple, fresh berries, passionfruit, and coconut yoghurt		21
<b>Poached or scrambled eggs with toast (gf available +2)</b> two eggs, relish and toasted ciabatta		13/15
<b>Free range chicken burritos</b> shredded barbeque free range chicken, Mexican kidney beans, lettuce, tomatoes, cheddar, sour cream and guacamole		21
<b>Salt n' pepper squid (gf)</b> fried calamari, nam jim coleslaw, sprouts and herbs		22

<b>Haloumi burger (v, gf available)</b>		14
grilled haloumi, egg, fresh spinach, aioli and beetroot relish in a wholemeal Turkish roll		
Add avocado smash + \$2		
<b>Beef burger</b>		19
Hayters Hill mince, double cheddar, smoked bacon, aioli, tomato relish and pickle		
French fries with aioli (v, gf)		8
sauteed spinach	3.5	Tasmanian smoked salmon 7
roast pumpkin	4	smoked bacon 5
hash brown	4	feta 3
dressed tomato	4	grilled haloumi 4
avocado	4	free range egg 3.5
		relish/aioli/spreads 2
<b>Kombucha   organic GM free elixirs</b>		
<b>Probiotic Kitchen   Blueberry Pie</b> – blueberries, jasmine, vanilla, stevia		7
<b>Probiotic Kitchen   Ginger Ninja</b> – jasmine, green, black, stevia		7
<b>Cold press   juices by Sol Cleanse</b>		
<b>Red</b>   carrot, beetroot, apple, lemon and ginger		9
<b>Green</b>   kale, spinach, cos, cucumber, apple and lemon		9
<b>Pink</b>   watermelon, lime, mint, chia seeds		9
<b>Smoothies   dairy free, made here</b>		
<b>Banana Velvet</b>		11
banana, vanilla bean, date, macadamia butter, cinnamon and org. almond milk		
<b>Lip Smacker</b>		11
org. strawberry and mango, chia seed, OJ, coconut water, orange blossom		
<b>Supergreen</b>		11
spinach, basil, celery, cucumber, kiwi, pear, apple, coconut water, banana and spirulina		
<b>Any milk   non-homogenised cow, org. almond/coconut or Bonsoy</b>		
<b>Iced coffee</b>   double shot over ice, milk, coconut sugar, cinnamon cacao		7
<b>Iced latte</b>   double shot over ice with milk	4.5	
<b>Iced mocha</b>   double shot over ice, chocolate, milk, cinnamon cacao dust		7
<b>Iced chocolate</b>   cacao, mesquite, coconut sugar, milk, cinnamon cacao		7
<b>Iced chai</b>   Living Chai over ice, milk, cinnamon cacao dust		7
<b>Hot chocolate</b>   cacao, mesquite, coconut sugar and your choice of milk		5
<b>Living Chai latte</b>	4	5
cardamom, cloves, cassia, ginger, nutmeg, star anise, liquorice, black tea		
<b>Golden Latte</b>	5	6
organic ground Tumeric, a little cracked black pepper, almond milk, honey		
<b>Mayde Tea   100% organic farm grown</b>		
<b>English breakfast</b>   black tea from India and Sri Lanka	4	5
<b>Digest</b>   peppermint, licorice, fennel and calendula	4	5
<b>Sencha jasmine and rose</b>   green sencha, jasmine flowers and rose petals	4	5
<b>Earl Grey</b>   black tea blended with bergamot	4	5
<b>Chai</b>   black tea, cinnamon, cardamom, star anise, pepper, ginger and clove.	4	6

**Campos Coffee seasonal blend | PNG, El Salvador, Rwanda**

Regular   large	4	5
Bonsoy   double shot	+5	
Broken Head Company organic almond milk/coconut milk	+1	
Babycino	2	

**Chilled**

<b>Freshly squeezed Aussie OJ</b>		7
<b>San Pellegrino sparkling mineral water 500 ml / 1 litre</b>	4	8
<b>Mount Warning still mineral water 500 ml</b>		4

**Alcohol**

<b>Bloody Mary   tall glass, Absolut vodka, tomato juice, bit of chilli, celery salt etc.</b>		15
<b>Espresso martini   double shot coffee, vodka, kahlua</b>		15

Coopers pale ale	7.5	
Asahi	7	
Peroni	8	
Stone & Wood pacific ale	8.5	
Coopers light	7	

Bandini Prosecco, Veneto Italy	10	44
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Dalz Otto pinot grigio, King Valley VIC	9	42
Printhie chardonnay, Orange NSW	9	42
Wild Rock sauvignon blanc, Marlborough NZ	9	42

Lavau Rosé, Rhone Valley France	10	44
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Black Chook shiraz, McLaren Vale SA	9	42
Penny's Hill cabernet sauvignon, McLaren Vale SA	9	42
Totara pinot noir, Marlborough NZ	9	42



Alterations and split bills not possible during busy times  
Eftpos 28c, Cards 1.5%, no Amex, minimum \$10, ATM inside  
15% surcharge on public holidays