

# FOOD MENU

COMMUNITY CAFE

## PROTEIN POTS

OVERNIGHT OATS	60K
Milk, vanilla whey isolate, banana, date caramel, frozen berries	
CHI-CHA	60K
Almond milk, chia, matcha, vanilla pea isolate, frozen berries	
GRANOLA	60K
Greek yogurt, mango compote, vanilla whey isolate, tropical granola	

## BREKKIE PLATES

SMASHED AVO TOAST	65K
Charred sourdough, smashed avo, crumbled feta, cherry tomatoes, lemon	
FULL ENGLISH	110K
Eggs any style, pork bacon, beef sausage, tomato, mushrooms, beans, sourdough toast & butter	
ULTIMATE SMOOTHIE BOWL	65K
Coconut, banana, berries, blue spirulina, granola	
BOILED EGGS AND SOLDIERS	55K
Sourdough toast strips & butter, boiled eggs in cups	

### CREATE YOUR OWN BREKKIE

Eggs any style	25K	Broccoli	25K	Smoked salmon	45K
Crispy bacon	35K	Hash brown	25K	Cream cheese	25K
Avocado	30K	Slow roasted tomatoes	15K	Roasted pumpkin	15K
Sourdough toast	20K	Grilled chicken breast	35K	Bagel	30K
Garlic mushrooms	20K	Beef sausages	35K		

## SNACKS

FRESHLY BAKED SAUSAGE ROLL	40K
PROTEIN BAR	35K
GRANOLA BAR	35K

## CRUMPETS

CRUMPETS	40K
Jam, butter, nutella, banana, honey , Marmite,	
strawberry, Vegemite, nut butter, berry compote	+10K
Vanilla gelato or Cheese	+20K
SIGNATURE CRUMPETS	
Berry compote & vanilla ice cream	65K
Flame torched cheddar and Marmite.	55K

## SANDWICH, BOWL, SALAD, SPUD

BASE		COLD TOPPINGS			
Baked potato	25K	Egg mayo	40K	Sliced avocado	30K
Baked sweet potato	25K	Tuna and sweetcorn	40K	Sliced chicken	35K
Freshly baked ciabatta	25K	Grated cheese	20K	breast	
Steamed rice	20K	Shredded Mex chicken	40K		
Flour tortilla wrap	25K	Loaded sour cream	20K		
		& chives			
HOT TOPPINGS		SALAD			
Bolognaise	40K	Cauli cheese	25K	Cucumber	10K
Bacon bits	20K	Baked beans	25K	Tomato	10K
3 bean chilli	40K	Chicken satay	30K	Lettuce	15K
Crispy ginger	20K			Asian slaw	10K
tempe					
				Gherkins	20K
				Olive	20K
				Red onion	10K

## HOUSE FAVORITES

BAKED POTATO, bolognaise, bacon bits, grated cheese – 80K  
CHICKEN SATAY, steamed rice, Asian slaw 75K

## SPECIALS

LASAGNA – 115k / 95k  
Home cooked lasagne or vegan lasagne,  
with fresh salad and garlic bread