

HELLO TIGER

BREAKFAST BOWLS

Acai bowl	\$ 10
Bircher muesli	\$ 8
Chia pudding	\$ 8
Porridge	\$ 8

PASTRIES

Plain croissant	\$ 4.50
Chocolate croissant	
Almond croissant	
Sweet muffins	
Savoury muffins	

SALAD \$ 13

Beetroot and zucchini noodles with avocado, spinach, feta and roasted amari salad seeds
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Soba noodles with stir fry seasonal vegetables
vg v gf
—add miso seared salmon

Roasted pumpkin and sweet potato, edamame and crispy kale with pepitas
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Mixed grain, green veggies, roasted pumpkin, house baked ricotta and pomegranate seeds
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Chicken harvest bowl with avocado and red pesto
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SANDWICHES, BAGUETTES, BAGELS, WRAPS

Tradie Toastie	\$ 10	Chicken Wrap	\$ 9.5
Early Bird Special	\$ 10	Roast chicken, salad, cheese	
– Toastie and Coffee		Vegan	\$ 9.5
Egg, bacon, cheese, spinach, bbq sauce		Sweet potato felafel with pumpkin humus, coconut yoghurt and spinach	

HONEST GOODS \$ 4.50

Paleo Banana Bread		Bone Broth	\$ 5
Paleo Pumpkin Bread		Crunchbox	\$ 6
Grain Free Coconut Bread			

COFFEE

Cappuccino	\$ 4	Long mach	\$ 4
Flat White	\$ 4	Hot Chocolate	\$ 4
Latte	\$ 4	Chai Latte	\$ 4
Long Black	\$ 4	Espresso	\$ 3.50
Short mach	\$ 3.50	Macchiato	\$ 3.50

Larger Size 12oz	+0.50	Coconut milk	+0.50
		Almond milk	
		Soy milk	
		Extra shot	

COLD PRESSED JUICE

By Pressed Daily — \$ 7.50

Vitality | Orange, Apple, Lemon and Ginger

Restore | Carrot, Apple, Beetroot, Lemon and Ginger

Immunity | Carrot, Orange, Lemon, Ginger and Turmeric

Re-Charge | Cucumber, Celery, Kale, Lettuce, Spinach, Parsley and Lemon

Balance | Coconut charcoal, lemon and peppermint oil, alkaline water

Carton and Co Water	<i>On Top</i>	Kombucha	\$ 8
		Cold Drip	\$ 8