

## ALL DAY BREAKFAST

### **TOASTED MUESLI 8.00**

HOUSE MADE WITH RASPBERRY YOGHURT AND HONEY

### **EGG WHITE OMELETTE 13.00**

YOUR CHOICE OF:

RED ONION, SEMI-SUNDRIED TOMATOES, SPINACH AND FETTA  
*OR* CHORIZO, SPINACH AND HALOUMI

### **COLD START 14.00**

RAW TOMATO, AVOCADO, RICOTTA, SMOKED SALMON,  
RED ONION AND CAPERS ON SOURDOUGH

### **AVOCADO SMASH 12.00**

SEMI-SUNDRIED TOMATO, AVOCADO, HOME BAKED TORTILLA  
CHIPS AND POACHED EGGS

### **BANANA PROTEIN PANCAKES 12.00**

TWO PANCAKES WITH BLUEBERRIES, FLAKED ALMONDS,  
HONEY, RICOTTA AND HONEYCOMB BUZZ SHAPE-UP

### **EGGS ON TOAST 9.00**

YOUR CHOICE OF POACHED, FRIED OR SCRAMBLED

ADDITIONAL SIDES: BACON, SALMON, TOMATO, SPINACH, 3.00  
CHORIZO, HALOUMI, AVOCADO, MUSHROOMS

### **BACON AND EGG ROLL 10.00**

ON A TURKISH PIDE WITH BBQ SAUCE

### **TOAST 5.00**

RAISIN, SOURDOUGH OR TURKISH WITH YOUR CHOICE OF:  
VEGEMITE, PEANUT BUTTER OR HOMEMADE BERRY JAM

## ALL DAY LUNCH

### **PUMPKIN SALAD 12.00**

ROAST PUMPKIN, QUINOA, MESCLUN, SEMI-SUNDRIED TOMATOES  
WITH BALSAMIC DRESSING  
+ CHICKEN 3.00 + SALMON 4.00

### **HONEY CUMIN SALAD 12.00**

SWEET POTATO, FLAKED ALMONDS, FETA AND BABY SPINACH  
WITH A HONEY CUMIN VINAIGRETTE  
+ CHICKEN 3.00 + SALMON 4.00

### **PEAR AND PARMESAN SALAD 12.00**

PEARS, SHAVED PARMESAN AND ROAST SWEET POTATOES WITH  
A PINK LEMON VINAIGRETTE  
+ CHICKEN 3.00 + SALMON 4.00

### **CHICKEN WRAP 9.00**

POACHED CHICKEN WITH STRAWBERRIES, BRIE, PINE NUTS,  
MESCLUN AND BALSAMIC GLAZE

### **BEEF WRAP 10.00**

CHERRY TOMATO RELISH, SLICED ROAST BEEF, TASTY CHEESE,  
AVOCADO AND BABY SPINACH

### **SALMON BRUSCHETTA 10.00**

TOMATO, RED ONION AND BASIL ON SOURDOUGH

### **LIGHT FETTUCCINI PUTANESCA 12.00**

TOMATOES, OLIVES, ZUCCHINI, BASIL AND ANCHOVIES (OPTIONAL)

### **ASIAN STYLE MUSHROOM OMELETTE 12.00**

WITH SOFT BUTTON MUSHROOMS AND SOY SESAME SAUCE  
+ CHICKEN 3.00 + PRAWNS 5.00



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# HOT DRINKS

## COFFEE BY TOBY'S ESTATE

ESPRESSO, RISTRETTO, MACCHIATO	3.00
PICCOLO LATTE	3.50
LATTE, FLAT WHITE, CAPPUCINO, LONG BLACK	S 3.90 L 4.90
CHAI LATTE, MOCHA, HOT CHOCOLATE	S 4.20 L 5.20
SOY MILK, ALMOND MILK, ZYMIL, DECAF	0.50
EXTRA SHOT OF ESPRESSO	1.00
VANILLA, CARAMEL, HAZELNUT	1.00

## TEA BY T2 *LOOSE LEAF TEA SERVED IN A POT*

ENGLISH BREAKFAST, EARL GREY, IMMUNE BOOSTER (HONEY, GINGER AND LEMON)	4.20
CHAI, SENCHA GREEN, PEPPERMINT, PUMPING POMEGRANATE	4.80

# COLD DRINKS

## FRESH JUICE 4.95

ALL OF OUR JUICES ARE PRE-MADE FRESH IN-STORE WITH OUR COLD-PRESS JUICER.

**PURPLE** BEETROOT, ORANGE, APPLE, CELERY, SPINACH, GINGER.

**GREEN** APPLE, PEAR, KIWIFRUIT, CELERY AND SPINACH.

**YELLOW** APPLE, ORANGE, PINEAPPLE AND PASSIONFRUIT.

## ICED DRINKS 4.95

### ICED COFFEE

MILK, ICE, ICE CREAM AND A FRESH DOUBLE SHOT OF COFFEE.

### ICED MOCHA

MILK, ICE, ICE CREAM, FRESH DOUBLE SHOT OF COFFEE AND CHOCOLATE SYRUP.

### ICED CHOCOLATE

MILK, ICE, ICE CREAM AND CHOCOLATE SYRUP.

## MILKSHAKES 4.95

EXTRA SCOOP OF ICE CREAM 1.50

CHOCOLATE, STRAWBERRY, VANILLA, CARAMEL, BANANA,  
COFFEE, MOCHA

# 360 FUEL

## FIRE-UP, FIRM-UP, CREATINE 3.00

EXTRA SCOOP 1.00

## PROTEIN POWDER WITH WATER 4.00 WITH MILK 4.50

EXTRA SCOOP 2.00

### BUILD-UP

VANILLA BEAN

RICH CHOCOLATE

### SHAPE-UP

RICH CHOCOLATE

HONEYCOMB BUZZ

# PROTEIN SMOOTHIES 5.95

EXTRA SCOOP OF PROTEIN 2.00

ADD ICE CREAM 1.50

**BREAKFAST SMOOTHIE** - HONEYCOMB SHAPE-UP, RAW OATS, BLUEBERRIES, BANANA, ICE, WATER.

**STRAWBERRY SHORTCAKE** - VANILLA BUILD-UP, STRAWBERRIES, LOW FAT FROZEN YOGHURT, ICE, SKIM MILK.

**WHITE MONKEY** - VANILLA BUILD-UP, BANANA, LOW FAT FROZEN YOGHURT, ICE, SKIM MILK.

**ACAI BLUEBERRY** - VANILLA BUILD-UP, BLUEBERRIES, Acai POWDER, LOW FAT FROZEN YOGHURT, ICE, SKIM MILK.

**COOKIES AND CREAM** - VANILLA BUILD-UP, OREOS, LOW FAT FROZEN YOGHURT, ICE, SKIM MILK.

**MANGO AND COCONUT** - VANILLA BUILD-UP, MANGO, COCONUT MILK POWDER, LOW FAT FROZEN YOGHURT, ICE, SKIM MILK.

**CHOC MUD CAKE** - CHOCOLATE BUILD-UP, COCOA POWDER, LOW FAT FROZEN YOGHURT, ICE, SKIM MILK.

**COCONUT ICE** - VANILLA BUILD-UP, SHREDDED COCONUT, RAW OATS, ICE, WATER.

**MONKEY MAGIC** - CHOCOLATE BUILD-UP, BANANA, LOW FAT FROZEN YOGHURT, ICE, SKIM MILK.

