



BREAKFAST

Sourdough or Gluten Free Bread, peanut butter, grilled banana, flaxseed, cacao nibs **4**

Sourdough or Gluten Free Bread, coconut nectar, winter berries **4**

Oat porridge ^{GF} **4**

Quinoa porridge ^{GF} **5**

+ winter Berries, seasonal fruit, bananas, almond butter,
peanut butter, flaxseed, coconut chips, cacao nibs

Homemade granola, coconut yoghurt, seasonal fruit ^{VG + GF} **6**

Pancakes, honey, seasonal fruit ^{VG + GF} **8**

Baked eggs, chorizo, spinach, spicy tomato sauce ^{GF} **8**

Baked eggs, mushrooms, spinach, spicy tomato sauce ^{VG + GF} **7**

Poached eggs on sourdough or gluten free bread **5**

+ salmon, avocado, spinach, black beans **3**

+ hollandaise sauce, tomatoes, mushrooms **2**