



Heart Choices

Toast _____	\$9
with your choice of butter or nutlex and house made jam. <b>Veg, Vegan</b>	
Fig & Walnut Toast _____	\$11
3 day fermented fruit and walnut loaf with your choice of butter or nutlex and house made jam. <b>Veg, Vegan (contains nuts)</b>	
Eggs on Toast _____	\$14
on toast your way—scrambled, poached or fried. <b>Veg, GFO Available</b>	
Scrambled Tofu on Toast _____	\$14
on toast. <b>Vegan, GFO Available</b>	
Pancakes of the day _____	Varying*
vegan pancakes with seasonal toppings of the day. <b>Vegan</b> , (may contain nuts) (*price will vary depending on topping of the day).	
Avocado Salsa _____	\$23. <sup>50</sup>
hash browns, roasted tomatoes and mushrooms topped with lime avocado and greens on toast. <b>Vegan, GFO Available</b>	
Chilaquiles _____	\$23. <sup>50</sup>
garlic toasted tortilla topped with scrambled tofu, marinated feta, salsa Verde, sour cream, pickled red onion and jalapenos <b>Vegan, GFO Available - Swap for Scrambled Eggs - Veg option</b>	
Avocado Dukkha _____	\$23. <sup>50</sup>
avocado, poached eggs on toast topped with onion jam, marinated feta, greens and dukkha. <b>Veg, GFO Available (contains nuts)</b>	
Vegan Breakfast _____	\$25
scrambled tofu on toast, with greens, mushrooms, sausage with onion jam, bacon, roasted tomato and a hash brown. <b>Vegan - Swap for Scrambled Eggs -Veg option</b>	
Bacon & Egg Breakfast _____	\$25
bacon, eggs your way, hash brown and chipolata on toast with mushrooms, roasted tomato and greens. <b>GFO Available</b>	
Eggs Benny _____	\$19
poached eggs, spinach and hollandaise on toast. <b>Veg, GFO Available</b> <b>ADD BACON \$5 - ADD VEGAN BACON \$5</b>	
Big Mack _____	\$21
your choice of vegan beef or vegan chicken with vegan cheese, lettuce, pickles, red onion and Mack sauce.	
Fries _____	\$9
with your choice of vegan aioli or Mack sauce	



**\*ADD ANY SIDE FOR \$5**

Bacon, vegan bacon, sausage, vegan sausage, eggs, scrambled tofu, avocado, or hash browns.

**\*ADD VEGAN CHEESE FOR \$2.50 - OR DAIRY CHEESE FOR \$2.**

**\*A SIDE OF VEGAN SAUCES FOR \$1**

Aioli, or Mack

**\*MAPLE SYRUP \$4 - \*A SCOOP OF VEGAN GELATO \$4 - \*A SCOOP OF DAIRY ICE-CREAM**

**\$3 \*GF OPTION \$2.50**

Extras



# Drinky Menu



Coffee by Kovan

**Espresso**  
single \_\_\_\_\_ \$2.50  
double \_\_\_\_\_ \$3

**Short Mac**  
traditional \_\_\_\_\_ \$3.50  
topped up \_\_\_\_\_ \$4

**Long Mac**  
Small \_\_\_\_\_ \$5  
Regular \_\_\_\_\_ \$5.50  
Large \_\_\_\_\_ \$6.50

**Long Black**  
small 2 shots \_\_\_\_\_ \$3.50  
regular 3 shots \_\_\_\_\_ \$4

**Flat White/Latte/  
Cappuccino/Hot Chocolate**  
small \_\_\_\_\_ \$4.50  
regular \_\_\_\_\_ \$5  
large (take away cup only) \_\_\_\_\_ \$6

**Mocha**  
small \_\_\_\_\_ \$4.50  
regular \_\_\_\_\_ \$5  
large (take away cup only) \_\_\_\_\_ \$6

**Chai Latte**  
small \_\_\_\_\_ \$5.50  
regular \_\_\_\_\_ \$6.50  
large \_\_\_\_\_ \$7.50

**Dirty Chai**  
small \_\_\_\_\_ \$6  
regular \_\_\_\_\_ \$7  
large \_\_\_\_\_ \$8

**Matcha Latte** \_\_\_\_\_ \$7

**Turmeric Latte** \_\_\_\_\_ \$7

**Affogato (Vegan or Non Vegan)** \_\_\_\_\_ \$5.50

**Babyccino or Puppyccino** \_\_\_\_\_ FREE^

## Tea for One

English Breakfast or Earl Grey \_\_\_\_\_ \$5  
Green, Peppermint or Prana chai \_\_\_\_\_ \$5  
Chamomile, apple & cinnamon (caffeine Free) \_\_\_\_\_ \$5  
Rooibos (caffeine Free) \_\_\_\_\_ \$5  
Tea for two \_\_\_\_\_ \$7

## Prana Chai Latte

small \_\_\_\_\_ \$5.50  
regular \_\_\_\_\_ \$6.50

## Syrup Shots

Caramel, Hazelnut, Vanilla, Gingerbread \$0.50

### MILK OPTIONS—NO EXTRA CHARGE

**Bannister Downs** - Full Cream Dairy Milk, Skinny Milk  
**Alternative Milk (Barista)** - Soy, Almond, Oat  
**Bonsoy** | **Milk Lab** - Coconut, Lactose Free

**DECAFFEINATED COFFEE ALSO  
AVAILABLE FOR AN EXTRA 50 CENTS**

## Milkshakes

**Chocolate/Vanilla/Caramel/Banana/Strawberry/Spearmint**  
milkshake with your choice of milk and ice-cream.

Dairy Kids \_\_\_\_\_ \$6 Dairy Large \_\_\_\_\_ \$8

Vegan Kids \_\_\_\_\_ \$7 Vegan Large \_\_\_\_\_ \$9

**Vegan Oreo Shake** \_\_\_\_\_ \$10

## From the Fridge

**Pressed Earth Juices \$9 - Mountain Fresh Juices \$5**

**Kommunity Brew Kombucha \$6 - Organic and Sparkling Sodas \$6**

## Iced Drinky

### Iced Long Black

regular \_\_\_\_\_ \$3.50

large \_\_\_\_\_ \$4

### Iced Tea

Peach or Lemon \_\_\_\_\_ \$5

### Fresh Red

caffeine free rooibos tea over apple juice on ice \_\_\_\_\_ \$7.50

### Iced Latte

2 shots over iced milk of your choice \_\_\_\_\_ \$5

### Iced Matcha Latte

Matcha powder over iced milk of your choice \_\_\_\_\_ \$7

### Iced Coffee or Iced Chocolate

2 shots or choc over iced milk of your choice with cream and ice-cream

dairy \_\_\_\_\_ \$7.50

vegan \_\_\_\_\_ \$9

### Iced Mocha

2 shots & Choc over iced milk of your choice with cream and ice-cream

dairy \_\_\_\_\_ \$8

vegan \_\_\_\_\_ \$9.50

### Iced Organic Chai

Chai powder over iced milk of your choice with cream and ice-cream

dairy \_\_\_\_\_ \$8.50

vegan \_\_\_\_\_ \$10

no cream—no ice cream \_\_\_\_\_ \$6.50

## Smoothies

### Avo Go Go

avocado, broccoli, spinach, mango, coconut, ginger and lime

### Blueberry Thrill

blueberry, raspberry, banana and flaxseed

### Coco Loco

coconut, pineapple, mango, mint and lime

### Pass N Shoot

passionfruit, mango and pineapple

### Big 5

strawberry, mango, kiwifruit and pineapple

### Strawberry Split\*

\*strawberry and banana with your choice of milk

All smoothies are  
mixed with  
apple juice and  
coconut water  
\*except

**All Smoothies  
\$10 each**