



CACTUS FLOWER

ORGANIC COFFEE & SUPERFOODS



PURE ACAI BOWL GF • V 14.9
with organic acai, seasonal fruit, coconut flakes & toasted granola

SUMMER GREEN SMOOTHIE BOWL GF • V 14.9
blended spinach, celery, avo, apple, banana w tropical fruit top & coconut

HOUSE MADE BIRCHER MUESLI with V 12.9
yoghurt, tropical seasonal fruits, nuts and coconut flakes.

EGGS YOUR WAY V 12
with Artesian sourdough bread
+ mushrooms / smoked salmon
/ free range bacon
+ GF bread

BREKKY BURGER 12
with free range egg / bacon, house made aioli, tomato relish & rocket on a charcoal bun

BUCKWHEAT PANCAKES GF • V with 14.9
banana, organic yoghurt, coconut flakes, berry compote & maple syrup

BIG BUT HEALTHY BREKKY PLATE 20.9
with free range eggs/ bacon/sausage, tomato, mushrooms, kale, halloumi, avo, sourdough toast & tomato relish

SMOKED SALMON ON VEG FRITTERS GF • V 16.9
with dill, mint, rocket & creme fraiche
+ free range poached eggs 4

AVOCADO ON SOURDOUGH V 14
with sheeps feta, mixed leaf, cherry tomato, salsa verde & hemp seeds
+ free range eggs / smoked salmon / free range bacon
+ GF bread 4 2

BOWLS

ADD BEEF/ CHICKEN / SALMON/TOFU 4

BREAKFAST BOWL GF • V 13.9
with boiled free range egg, brown rice, black beans, grilled kale, halloumi, avocado, tomato & salsa verde

GREEN TEA NOODLE BOWL V 13.9
with avocado, mixed leaf, citrus beets, edamame, carrot, goji berries / mixed nuts & miso dressing

PACIFIC POKE BOWL GF • V 13.9
with brown rice, pickled ginger, daikon radish, red cabbage, carrot, edamame, beets, crispy shallots & asian dressing

NOURISH BOWL GF • V 13.9
with boiled egg, spiced quinoa, beets, kale, halloumi, avocado & salsa verde.

SATAY BOWL GF • V 13.9
with rice noodle, boiled free range egg, coriander, mixed nuts, cucumber, carrots, crispy shallots & satay coconut dressing

COCONUT CHICKEN BOWL GF 16.9
with mixed leaf, boiled eggs, avocado, red cabbage, kale, spiral zucchini, beets, goji berries / mixed nuts & apple cider dressing

6 HOUR SLOW ROAST BEEF BOWL GF 16.9
with spiced quinoa, mint, mixed leaf, tomato relish, cucumber, spiced halloumi & apple cider dressing

REUBEN SANDWICH 14
beef, pickles, mustard, aioli, rocket & cheese

VEGGIE BURGER V
patty, avo, relish, aioli, pickle, cheese & rocket

MEXICANO

NACHOS BOWL w PORK/BEEF/VEG GF 15.9
with blue corn chips, black beans, red cabbage, avocado, tomato/salsa verde, creme fraiche & jack cheese

TACOS w CHICKEN/PORK/BEEF/TOFU 14.9
with red cabbage, tomato/mango salsa, creme fraiche, guacamole & jack cheese GF

BURRITO w CHICKEN/PORK/BEEF GF 14.9
in corn tortilla, brown rice, black beans, red cabbage, tomato/salsa verde, creme fraiche, jack cheese & mixed leaf

QUESADILLA GF 15.9
with grilled spiced chicken, kale, tomato herb flatbread, salsa verde, guacamole, creme fraiche, coriander & jack cheese



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FRESH JUICES

8.9

ALAKALIZER

kale, apple, lemon, mint

IMMUNE BOOST

carrot, orange, ginger & turmeric

HEAL ME

beetroot, apple, carrot & lemon

FRESHLY SQUEEZED ORANGE

7.9

COLD PRESS JUICE - see display

6

ICE CRUSHES

8.9

WATERMELON

with cucumber & mint

TROPICAL

with mango, pineapple & passionfruit

ICED MATCHA

with green matcha, coconut water, lemon & honey

SMOOTHIES

8.9

SUPERFOOD

with linseed, sunflower, almond, banana, honey, yogurt & milk

GREEN FIELDS

with spinach, celery, avocado, apple, banana & coconut

BELGIUM CHOCOLATE

with protein boost

ACAI ORGANIC

with apple juice & banana

BLUEBERRY CINNAMON

with toasted grains, dried fruit & nuts, banana, yogurt & milk

SPECIALTY DRINKS

5.5

ICED COFFEE / CHOCOLATE HOT / MILKSHAKES, BELGIUM CHOCOLATE

BULLET PROOF COFFEE HIT

with ghee butter & coconut oil

SUPERSONIC HOT DRINKS 5.5

HOT CACAO

with organic cacao powder

TURMERIC LATTE

with ginger, honey and soy milk

BETROOT LATTE

with honey and soy milk

CHAI LATTE

with organic spices

ORGANIC COFFEE

3.8+

espresso, latte, cap, flat white, ristretto
+ almond, soy, coconut milk

.50

OVIO ORGANIC TEAS

5.5

EBT, peppermint, chai, camomile, sencha green

- PLEASE ORDER AT COUNTER •
- 10% SURCHARGE ON PUBLIC HOL •
- PLEASE BE AWARE THAT OUR PRODUCTS MAY HAVE TRACES OF MILK, NUTS, GRAINS & GLUTEN. •
- ASK STAFF FOR MORE DETAILS •