

# BITE TO EAT

good food, good mood

**ACAI BOWL 16** VEG, VO, DF, GFO  
WITH SEASONAL FRUIT, HOUSE GRANOLA, CHIA SEEDS

**GRANOLA BOWL 13** VEG  
WITH SEASONAL FRUIT

**SOURDOUGH + PRESERVES 8** VO, DF, GFO  
WITH HONEY, JAM, BUTTER, PEANUT BUTTER OR VEGEMITE

**SMASHED AVO 15** VEG, VO, DFO, GFO  
ROCKET, AVO, FETA, BEETROOT RELISH

**BREKKIE WRAP 12** DFO, GFO  
BACON, FRIED EGGS, HASHBROWN, SPINACH, CHEESE + AIOLI

**MYO SANDWICH 12.5** GFO

PICK 3 FILLINGS. EXTRA FILLINGS +2

BACON	SLICED CHEESE	LETTUCE	BETROOT RELISH
SALMON	CREAM CHEESE	TOMATO	HOUSE PICKLED ONION
HAM	HALOUMI	EGG	MUSHROOM
CHICKEN	FETA	AVO	PICKLES

**FLOCKD BURGER 15** VO, GFO  
BEEF PATTY OR PLANT BASED PATTY, CHEESE, TOMATO, HOUSE PICKLED ONION, MIXED LETTUCE, AIOLI + SECRET BURGER SAUCE

**REUBEN SANDWICH 14** GFO  
SILVER SIDE, MELTY SWISS CHEESE, SAUERKRAUT, PICKLE, MUSTARD, RUSSIAN DRESSING

**SALAD OF THE WEEK 15**  
EMBRACE THE SUMMER HEAT WITH A FRESH SUMMER SALAD + ADD YOUR FAVE PROTEIN

**FRIES 6.5**

GF/GFO GLUTEN FREE/GLUTEN FREE OPTION VEG VEGETARIAN V/VO VEGAN/VEGAN OPTION DFO DAIRY FREE OPTION



# BEVERAGES

*good coffee, good people*

**ESPRESSO 4**

**MACCHIATO 4**

**LONG BLACK 4.5 | 5.5**

**FLAT WHITE 4.5 | 5.5**

**LATTE 4.5 | 5.5**

**CAPPUCCINO 4.5 | 5.5**

**ORGANIC HOT CHOCOLATE 4.5 | 5.5**

**CHAI LATTE 5 | 5.5**

**DIRTY CHAI 5.5 | 6**

**ORGANIC TURMERIC LATTE 6 | 6.5**

**ORGANIC MATCHA LATTE 6 | 6.5**

**BABY CHINO 2.5**

**LOOSE LEAF TEAS 4**

GREEN, CHAI, PEPPERMINT, LEMONGRASS +  
GINGER, CHAMOMILE, ORGANIC WET CHAI + 1

**LEAN + GREEN SMOOTHIE 10.5**

SPINACH, SUPER GREENS, BANANA, MANGO  
WITH COCONUT WATER

**BANANARAMA SMOOTHIE 10.5**

BANANA, HONEY, CINNAMON WITH MILK

**CLASSIC AÇAÍ SMOOTHIE 10.5**

AMAZONIA AÇAÍ (UNSWEETENED), BANANA,  
BERRIES, CHIA SEEDS



**MAKE IT ICED +1**  
**COLD BREW 6 | 7**

**ADD MORE**

PROTEIN POWDER 2

GREENS POWDER 2

PEANUT BUTTER 1

COFFEE SHOT 1

NUTELLA 2

HONEY .50

**MILK ALTERNATIVES**

COCONUT 1

ALMOND 1

MACADAMIA 1

SOY 1

OAT 1

LACTOSE FREE 1