

SUBURBAN WHOLEFOODS

TOAST \$8

Organic sourdough with your choice of butter, jam, honey, vegemite, peanut butter, almond butter. (GFO) GF Bread +1 Fruit bread +1

AVOCADO SMASH (VEG) \$17

Organic sourdough, hummus, avocado smash, cherry tomatoes, feta cheese, black sesame, chilli flake with balsamic glaze (GFO, DFO, VO) GF bread +1 Add an egg +3

PANCAKE REVOLUTION \$17

Pancakes served w/fresh seasonal fruits, ice cream, fruit coulis, granola and maple syrup.

SCRAMBLED CHILLI EGG CROISSANT \$19

Scrambled egg w/chilli, chorizo, crushed peanuts, dried onion, feta cheese, sriracha mayo, served on a croissant. (GFO)

TRUFFLE MUSHROOMS (VEG) \$19

Organic sourdough, w/poached egg, greens, truffle oil, dukkah, sautéed garlic mushrooms served beetroot hummus. (VO,DFO,GFO) GF bread +1

EGGS BENEDICT \$19

Organic sourdough w/spinach, smoked salmon, poached eggs, homemade Hollandaise sauce. (GFO) GF Bread +1 Add Avo +5

PUMPKIN SMASH (VEG) \$18

Organic sourdough topped w/spiced pumpkin hummus, spinach, feta cheese, a poached egg & seed mix. (GFO, VO, DFO) GF bread +1 Add halloumi +4

BIG BREAKFAST \$21

Organic stone ground sourdough with your choice of poached, scrambled or fried eggs, bacon, chorizo, roasted tomato, greens. (GFO) GF bread +1

ADD ONS

Extra egg +3	Spinach +3
Tomato +3	Piece bread +3
Bacon +4	Chicken +4
Chorizo +4	Halloumi +4
Mushrooms +4	Feta cheese +4
Avocado +5	Smoked salmon +5

SUBURBAN CHICKEN BOWL \$18

Brown rice, quinoa w/suburban grilled chicken, corn, cucumber, carrot, pickled cabbage, avocado. Vegan option - tofu

VALLEY BOWL (GF,V) \$17

Roasted pumpkin, turmeric cauliflower, sweet potato, and hummus on greens w/ suburban dressing. Add halloumi +4, add tofu +4

MEXICAN BOWL (GF,V) \$17

Brown rice, w/mixed beans, tomato salsa, onion, corns, roasted red peppers, avocado and jalapeños, served with corn chips. Add halloumi +4, add chicken +4

BUDDHA BOWL (VEG) \$18

Brown rice, w/tofu, roasted sweet potato, green, pickled cabbage, avocado, seed, suburban peanut butter sauce. Add halloumi +4, add garlic mushrooms+4

POKE BOWL (DF) \$19

Brown rice, quinoa w/garlic salmon, avocado, carrot, edamame, Seaweed, sushi ginger, cucumber and fried egg. (VO). Vegan option -tofu

HEALTH KEY

VEGAN (V) VEGAN OPTION (VO) VEGETARIAN (VEG)

DAIRY FREE (DF)

DAIRY FREE OPTION (DFO)

GLUTEN FREE (GF)

GLUTEN FREE OPTION (GFO)

PLEASE INFORM US OF ANY DIETARY REQUIREMENTS
NO SUBSTITUTION TO THE MENU.

FOR THE LITTLE ONE (UNDER 12)

TOAST \$5

Toast with choice of jam, peanut butter, almond butter, Nutella, vegemite or avocado (GFO,DFO)

KIDS AVO SMASH \$10

Organic sourdough, hummus, avocado smash, cherry tomatoes, black sesame, balsamic glaze. (VGE) GF Bread +1

KIDS PANCAKE \$10

Pancakes served w/fresh seasonal fruits, ice cream, granola, maple syrup.

CHEESE TOASTIES \$6

FRUIT SALAD \$6

BANANA BERRY BANG \$5

Banana, berries, almond milk and honey smoothie. (GF,VO)

MANGO PASSION \$5

Mango, passionfruit, almond milk and honey smoothie. (GF,VO)

BABYCINO W/MARSHMELLOW \$1

COFFEE

Regular \$ 4.5 Large \$ 5

ICED

Iced latte	\$5.5	Iced coffee	\$6
Iced chocolate	\$6	Iced matcha	\$6
Iced chai	\$6		

Extra Shot/Decaf /Mocha +0.5

Almond/Coconut/Lactose Free/Oat/Soy +0.7



WELLNESS BREWS

GOLDEN LATTE 5

Anti inflammatory and anti oxidant blend of turmeric, cinnamon.

MUSHROOM HOT CHOCOLATE 5

Adaptogenic blend of medicinal mushrooms, cacao, cinnamon, and maple syrup blended with milk.

MATCHA LATTE 5

Japanese matcha blend, frothed with milk.

BULLET PROOF COFFEE 6

Double espresso, brain octane oil, organic butter, blended with hot water to supercharge brain function and promote fat burning.

COCOA BEETROOT LATTE 5

Handcrafted Simara blend. Beetroot cocoa is a rich and velvety brew.

TEA 4

Peppermint, English Breakfast, , Lemon Grass and Earl Grey, Licorices, Chamomile or Green tea.

CHAI LATTE 5

Your choice of a wet or powdered mix frothed with milk.

SMOOTHIE BOWLS

PEANUT BUTTER JELLY \$13.5 (GF,V)

Blended cacao, banana, peanut butter and vegan protein, topped with banana, cacao nibs, buckini, chia seeds & coconut flakes.

ACAI \$13.5 (DF,GF,V)

Acai w/mixed berries and banana blended with coconut water topped with seasonal fruits

ADD TOPPING \$1

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|------------------|-----------------|
| -Peanut butter | -Almond butter |
| -Granola | -Buckini |
| -Coconut yoghurt | -Coconut flakes |
| -Chia seeds | -Cacao nibs |
| -Whey protein | -Vegan protein |



SMOOTHIES

POST WORKOUT 10 (VO,DFO,GFO)

Organic cacao, banana, dates, oats, peanut butter, protein and maple syrup, almond milk.

BERRY BLEND 10 (V,GF,DF)

Berries, acai, chia, lime and coconut water.

THE PEANUT 10 (VEG,VO,GF)

Peanut butter, cinnamon, protein powder, banana, maple syrup, almond milk.

MANGO SMOOTHIE 10 (VEG,GF)

Mango passion fruit, banana, coconut water.

SUNNY DAYS SMOOTHIE 10 (GF,VEG,VO)

Turmeric, ginger, pineapple, banana, maple syrup coconut milk.

THE ESPRESSO 10 (V,GF)

Espresso, almond butter, dates, maple syrup, banana, coconut milk.

GREEN MACHINE 10 (V,GF,DF)

pineapple, banana, ginger, spinach, mint, coconut water.