



Drink

SMOOTHIES

Optional protein powder

Choose your milk - cow milk, almond milk, soy milk, oat milk

Choose your yoghurt - Greek yoghurt or coconut yoghurt

<u>Berry Smooth</u> - berries, milk, honey, yoghurt	9.5
<u>Banana</u> - banana, milk, honey, yoghurt, cinnamon	9.5
<u>Go Berry</u> - milk, mango, berries, honey, yoghurt	9.5
<u>Mang-coco</u> - mango, coconut cream (GF / DF)	9.5

JUICES

<u>Liver Lover</u> - celery, apple, cucumber, ginger, lemon	9.5
<u>Sunrise</u> - pineapple, orange, lemon	9.5

COLD DRINKS

<u>Capi water</u> - still, sparkling	4
Arepa Nootropic Brain Drink - still	7
Arepa Nootropic Brain Drink - sparkling	8
Iced Latte / Iced Coffee / Iced Choc	8
Soft drink	4

<u>Milkshake</u> - vanilla or chocolate	Kids	Lrg
	5.5	7.5

HOT DRINKS

<u>Coffee</u> - Surf Coast Coffee Roasters 'Winki Pop' blend	Sml	Med	Lrg
<u>Tea</u> - Chai, English Breakfast, Lemon Ginger, Forest Berries, Peppermint, Green Hot chocolate	4	5	6

<u>Alternative milk</u> - Alternative Dairy Co. Almond, Soy, Oat	+ 1
Additional shot	+ 1



Eat

PLEASE SEE CABINET FOR DAILY SELECTION

Assorted sourdough toasties - ask our friendly staff	7
<u>Pulled beef panini</u> with caramelised onion, cheese & baby spinach	10
<u>Brioche roll</u> with bacon, egg, relish, cheese, tomato & baby spinach	9
Egg & veggie bake	8
<u>Egg & veggie bake</u> with salad	12
<u>Poke bowl</u> with protein of the day, salad & quinoa	10
Assorted pastries - lentil pie, spinach & ricotta roll, gourmet sausage roll	6
<u>GF Vegan burger</u> with hommus, lentil patty, spinach, marinated capsicum, avocado	9
<u>Falafel wrap</u> with pesto, spinach, marinated capsicum, roasted pumpkin, caramelised onion	9
Mini cupcake	2 ea
Mini tart	2.5
Mini yoyo	2.5
Bliss ball	4.5
Cookies - chocolate / nut or smartie	4.5
Assorted muffins	6
Assorted slices	5
Yoghurt pot	6