

Breakfast

FIG AND WALNUT LOAF (V) 8
Uraidla Bakery fig and walnut loaf served with butter or nuttelex.

HOUSE MADE GRANOLA (GF/V) 14
House made grain-free toasted granola, served with coconut yoghurt, berries and your choice of milk.

COCO BERRY WAFFLES (GF/V) 18
House made buckwheat waffles with mixed berries, maple, vanilla bean 'Live a Little' gelato and toasted coconut.

POACHED EGGS ON TOAST (GFO) 12
Poached eggs on Uraidla Bakery sourdough.
+ Bacon 5 + Avocado 5
+ Mushroom 3 + Hash Brown 4

EGG AND BACON ROLL (GFO) 14
Skara Small Goods bacon, fried Adelaide Hills Pastured eggs, baby spinach and Beerenberg tomato chutney on a Uraidla Bakery roll.

ROAST VEG BREKKY ROLL (GFO/VO) 16
Roast capsicum, roast zucchini, pesto, sweet potato, fetta (dairy or vegan) and beetroot relish on a turkish bread roll.
+ Egg 2 + Avocado 3

AVO TOAST (GFO/V) 17
Smashed avo, vegan or dairy fetta, dukkah, cashew sauce and lime.
+ Bacon 5 + Egg 2 + Wild Caught Salmon 5

THE GORDO (GFO) 22
Harris wild caught smoked salmon, Udder Delights goats curd, smashed avo, poached eggs and Barossa sesame bagel.

STUFFED MUSHROOMS (GF/V) 21
Two portobello mushrooms, stuffed with our house made vegan cheese sauce and a crunchy herb topping. Served with a fresh, seasonal salad.

Burgers

THE CLASSIC BEEF (GFO) 23
Grass-fed beef pattie, Skara bacon, cheddar, fresh tomato, caramelised onion, greens and chutney, served with a side of roast potatoes.

THE CLASSIC VEGAN BURGER (V/GFO) 23
Our vegan pattie, vegan cheese, pickle, fresh tomato, cucumber, greens and our cashew sauce, served with a side of roast potatoes.

Breads

MUSHROOM TOASTIE (GFO/V) 14
Mushroom, pesto, caramelised onion and vegan cheddar.

REUBEN TOASTIE (GFO) 14
Corned beef, Captain Cabbage Kraut, seeded mustard, mustard pickle and mozzarella.

CHICKEN TOASTIE (GFO) 14
Chicken, bacon, house made peri peri sauce, swiss cheese and red capsicum.

Bowls

THE NOURISH BOWL (GF/V) 19
Quinoa salad, sautéed greens, sweet potato, avocado, cashew sauce and pickled carrot.

BRUNCH BOWL (GF/V) 19
Roasted greens, sweet potato, button mushrooms, heirloom carrots topped with our house made pesto and cashew sauce.

NACHO BOWL (GF/VO) 19
A Mexican inspired mix of beans and cauliflower, sweet potato, salsa, avocado, vegan cheese sauce, your choice of dairy or vegan sour cream, on corn chips.

ADD

+ Egg 2
+ Roast Potatoes 3
+ Avocado 5
+ Bacon 5
+ Wild Caught Salmon 5

Cubs

CHEESE TOASTIE (VO/GFO) 7
Your choice of vegan or cheddar cheese.

MINI WAFFLE (GF/V) 10
Berries, maple, icecream.

MINI NACHO (GF/VO) 10
Corn chips, sweet potato, avocado, and your choice of dairy or vegan cheese and sour cream.

Food Available All Day 7:30AM - 2PM



V - Vegan

GF - Gluten Free

VO - Vegan Option

GFO - Gluten Free Option

Wildfire & Gaia Botanical Organic Teas

ASSORTED TEAS AVAILABLE 5
Please ask staff for options.

Monday Coffee Roasters: Locally Roasted

WHITE 4.5/5
Cappuccino, Latte, Flat White, Piccolo, Iced Latte, Mocha, Macchiato.
+ Alternative milks .80c

BLACK 4.5/5
Espresso, Long Black, Iced Black.

BULLETPROOF COFFEE 6
Double espresso with MCT oil and grass fed butter.
+ Decaf .50c

AFFOGATO (GF/V) 6
A double espresso poured over a scoop of 'Live A Little' vanilla bean gelato.

ICED COFFEE / CHAI / CHOC / MOCHA 7
+ Alternative milks .80c + Vegan icecream 2

Choc & Chai

GROUNDLED PLEASURES HOT CHOCOLATES (GF/V) 4.5/5
Hot Chocolate, Fresh Mint Chocolate, Chilli Chocolate.

GROUNDLED PLEASURES CHAI LATTE (GF/V) 4.5/5

PRANA CHAI 6
Black chai tea infused with honey, served with warm milk.

GOLDEN LATTE (V) 5/5.5
Turmeric, cinnamon, ginger and black pepper with coconut milk.

Drinks Fridge

MINOR FIGURES COLD BREW 5
Oat Latte / Oat Chai / Oat Mocha / Black

REMEDY KOMBUCHA 5
Assorted Flavours

BESA JUICES 4.5
Apple Strawberry / Orange / Pineapple

SPLIT ROCK SPARKLING WATER 4.5

Smoothies (GF/V)

MANIC MONKEY 9
Coconut milk, banana, cacao, peanut butter and espresso.

PB & J 9
Peanut butter, banana, berries, maca, protein powder, and coconut milk.

LIKE A LASSI 9
Mango, banana, orange juice and coconut yoghurt.

GREENACOLADA 9
Banana, mango, spinach, pineapple juice and coconut yoghurt.

CHOC CHIA 9
Banana, coconut milk, cacao, chocolate pea protein and chia seeds.

ALMOND CHAI 9
Banana, almond milk, almond butter, chai spices.

ADD
+ MCT Oil 1 + Protein powder 1
+ Hemp seeds 1 + Chia seeds 1
+ Peanut Butter 1 + Vital Greens powder 1

Alternative Milks:
Almond, Coconut, Bonsoy, Zymil, Oat



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