

BREAKFAST

CHOOSE YOUR BREAD: MULTIGRAIN, WRAP OR RYE. +\$1.00 FOR SOURDOUGH, TURKISH OR GLUTEN FREE

EGGS YOUR WAY 11.90 **VEGETARIAN**

Perfectly cooked eggs, served with your choice of toast... while you're at it, why not add some extras?

+ Mushroom, tomato, spinach, avocado, egg, grilled onion, hollandaise +3.00ea
+ Bacon +4.00 + Smoked salmon +5.00

EGGS BENEDICT 13.90 **VEGETARIAN**

It's the classic. Two poached eggs on spinach & sourdough, with creamy hollandaise

Avo salsa +3.00 Bacon +4.00
Smoked Salmon +5.00

CLASSIC BACON & EGG ROLL 10.90

On Turkish with a little chilli jam, need we say more?

+ Cheese, tomato, spinach & honey mustard aioli +4.00

SMASHED AVOCADO 14.90 **VEGETARIAN**

It's our avocado salsa smashed down on two slices of toasted sourdough, topped with crumbled feta, chilli jam, rocket & seeds

PANCAKE STACK 14.90 **VEGETARIAN, GLUTEN FREE**

Like the name suggests, it's a stack of gluten-free pancakes, topped with mixed berries, maple syrup & maple glazed macadamias

ZUCCHINI & CORN FRITTERS 17.90 **GLUTEN FREE**

The crowd pleaser. Two zucchini & corn fritters, stacked with bacon, avocado salsa, chilli jam & a poached egg, served on a bed of spinach

VEGAN QUINOA FRITTERS 17.90 **VEGAN, GLUTEN FREE**

Quinoa, sweet potato & kale fritters, with roma tomatoes, mushrooms, spinach, avocado salsa & warm napoli

BIG BREAKFAST 20.90

This is the most epic way to start your day. Two eggs, bacon, mushroom, tomato, avo salsa, spinach, grilled onion & dukkah with your choice of toast

ENERGY BOWLS

SUPER MUESLI 12.90 **VEGETARIAN**

Toasted or natural muesli plus chia, LSA, goji, pepitas, sunflower seeds, seasonal fruit, cacao nibs, coconut, Greek yoghurt, honey & served with milk

AÇAI BOWL 14.90 **VEGAN**

Our delicious Açai blend, with toasted or natural muesli plus seasonal fruit, coconut & chia seeds

DRAGON BOWL 14.90 **VEGAN**

Our Pink Dragonfruit blend, with toasted or natural muesli plus seasonal fruit, coconut & chia seeds

PEANUT BUTTER BOWL 16.50 **VEGAN**

Açai bowl with peanut butter, with toasted or natural muesli plus seasonal fruit, coconut & chia seeds

+ SUPER BOWL BOOSTER +2.00

Give your Acai or Dragon Bowl superpowers with a super nutritious mix of goji berries, L.S.A, pepitas, sunflower seeds & cacao nibs

+GF MUESLI +2.00

+GRANOLA +2.00

LUNCH

POKE BOWL 14.90 VEGAN

Quinoa, beetroot, carrot, edamame beans, corn, mesculin, cucumber, radish, cabbage, avocado, sesame seeds & asian dressing

+ Halloumi +4.00

+ Chicken or smoked salmon +5.00

SALAD GALORE SANDWICH 11.90 VEGETARIAN

With garlic and feta spread, all the salad, with carrot, beetroot & avocado

CHICKEN SANDWICH 12.90

With honey mustard aioli, brie, avocado & cos lettuce

THE EDEN BOWL 13.90 VEGETARIAN, GLUTEN FREE

Grilled asparagus, broccoli, kale, zucchini, spinach, onion & mushroom with an avocado dressing. Topped with a poached egg, dukkah & seeds

CHILLI CHICKEN QUINOA 15.90 GLUTEN FREE

Imagine a warm hug of spice through chicken & quinoa, with roast veg, dukkah and calming Labneh (hung yoghurt)

MEXICAN BEEF 15.90 GLUTEN FREE

Our Protein bowl spiced with the flavours of Mexico. Wagyu beef, beans and quinoa, served with grilled lime and sour cream with an avocado & lime dressing

THE CAVE MAN 18.90 GLUTEN FREE

Our mega-sized salad with avo salsa & your choice of topper: Moroccan chicken, smoked salmon or a Quinoa & Kale Fritter

KIDS MENU

MINI MILKSHAKES 5.00 VEGETARIAN

CHEESY TOAST 6.90 VEGETARIAN

EGG YOUR WAY & TOAST 6.90 VEGETARIAN

BURGERS & WRAPS

VEGAN, GF, DF & BREADLESS VERSIONS AVAILABLE.

MEXICAN 5 BEAN 13.90 VEGETARIAN

with caramelised onion, sour cream, avo salsa, sweet chilli & Moroccan dressing, fresh salad & cheese

QUINOA, SWEET POTATO & KALE 13.90

with caramelised onion, Moroccan dressing, sweet chilli sauce & crispy garden salad VEGAN

MOROCCAN CHICKEN 14.90

with caramelised onion, Moroccan dressing, dukkah, crispy garden salad & cheese

WAGYU BEEF 14.90

with caramelised onion, chilli jam, Moroccan dressing, crispy garden salad & cheese

HALLOUMI 14.90 VEGETARIAN

with roasted Sweet Potato, Eggplant, Zucchini, Caramelised Onions, Salad & Honey Mustard Dressing

MINI JACKS 6.90 VEGETARIAN, GLUTEN FREE

Small pancakes with banana, strawberry & maple +Icecream +1.00

KIDS BIG BREAKFAST 8.90

One egg, bacon, spinach & toast

COFFEE & TEA

WHITE S 4.00 M 4.50 L 5.00

The usual suspects...Cappuccino, Flat White, Latte & Piccolo

BLACK 3.50

Long Black & Espresso

ICED

Iced Black 4.00 Iced Latte 6.00

POT OF TEA 3.90

Ask staff for selection

THE OTHER GEMS

Hot Chocolate, Mochaccino, Macchiato, Chai Tea, Chai Latte, Milkshakes & Turmeric Latte

+ JUST HOW YOU LIKE IT + 0.80

Extra Shots, Specialty Milks, Flavoured Syrups & Decaf

SPECIALTY MILKS

Soy +0.80

Almond +0.80

Coconut +0.80

Lactose Free +0.80

JUICES 7.90

ALL VEGAN, GLUTEN FREE

V6

Carrot, beetroot, celery, apple, lemon, ginger

ALEX HEADS

Apple, pineapple, orange, strawberry, lime

MOOLOOLABA SUNRISE

Orange, pineapple, watermelon, lime

GINGER NINJA

Orange, carrot, apple, lemon, ginger

COOLUM CRUSHER

Watermelon, apple, strawberry, mint

GREEN WITH ENVY

Apple, pear, kale, cucumber, celery, parsley, spinach

MAKE YOUR OWN!

Choose up to 5 ingredients & we'll juice it

SMOOTHIES

BANANA CLASSIC 8.90 GLUTEN FREE

Banana, cinnamon, milk, greek yoghurt & honey

RAINING BERRIES 8.90 GLUTEN FREE

Blackberries, raspberries, strawberries, passionfruit, greek yoghurt, milk & honey

JUNGLE JUICE 8.90 GLUTEN FREE, DAIRY FREE

Acai berries, pineapple, passionfruit, strawberries, banana, apple juice & honey

RAW ENERGY 8.90 VEGAN, GLUTEN FREE

Mango, strawberry, banana, LSA, orange juice

YOGI BEAR 8.90 GLUTEN FREE

Banana, peanut butter, protein powder, greek yoghurt & milk

MOOLOOLABA MAGIC 8.90 GLUTEN FREE, DAIRY FREE

Mango, banana, sunflower seeds, pumpkin seeds, coconut milk & honey

EENIE MEENIE GREENIE 10.50 VEGAN, GLUTEN FREE

Banana, avocado, spinach, kale, parsley, celery, apple, pear & spirulina

PURPLE REIGN 10.50 GLUTEN FREE, DAIRY FREE

Acai, mixed berries, strawberry, passionfruit, apple, pineapple, coconut water & honey

THE AZTEC 10.50 GLUTEN FREE, DAIRY FREE

Banana, coconut, cacao, peanut butter, chia, honey & coconut milk

THE FRESH PRINCE 10.50 VEGAN, GLUTEN FREE

Fresh mint, cacao nibs, banana, spinach, dates, coconut oil, spirulina & coconut milk

THE DRAGON SLAYER 10.50 GLUTEN FREE, DAIRY FREE

Dragonfruit, banana, mango, strawberry, passionfruit, coconut water & honey

BOOSTERS

Protein +1.50

Spirulina +1.50

LSA +1.50

SUPER SMOOTHIES

MANGO GLOW 11.90 GLUTEN FREE

Mango, pineapple, strawberry, watermelon, coconut water, turmeric, collagen

GREEN GODDESS 11.90 VEGAN, GLUTEN FREE

Cucumber, pineapple, kale, mint, banana, spinach, lime, coconut water, probiotic

FLEX APPEAL 11.90 VEGAN, GLUTEN FREE

Acai, banana, peanut butter, coconut, almond milk, hemp protein