

ALL-DAY BREAKFAST

SERVED 6AM–3PM

(Please order at the counter or scan the QR code at the table)

RISE & SHINE

TOASTED BANANA BREAD \$8.90 ✓

Served with butter.

TOASTED MANGO & COCONUT BREAD \$8.90 ✓

Served with butter.

FRUIT TOAST \$8.90 ✓

Served with butter, honey & ricotta.

SOURDOUGH TOAST \$8.50 ✓

Two slices of sourdough or soy and lindseed toast with your choice of vegemite, jam, marmalade, honey, or peanut butter.

SUPER GRANOLA \$18

High-protein & high-fibre granola with Greek yogurt, honey & seasonal fruit.

GF, DF, V

EGGS ON TOAST \$16.80

Poached, fried, or (scrambled eggs +\$3) served on toasted sourdough or soy & linseed bread. Add-ons: Bacon \$5 / Smk Salmon \$7 / Chorizo \$5

GF, DF

ACAI BOWL \$18.90

Blended açai with gluten-free granola, seasonal fruit, and coconut flakes.

DF,V,GF,VO

FRESH SEASONAL FRUIT & YOGURT \$16

A fresh selection of seasonal fruits served with Greek yoghurt.

GF, V

CABINET + DAILY SPECIALS

Please check the cabinet for our daily selection of fresh salads and sandwiches, available cold, heated, or toasted — plus a variety of sweet treats. Don't forget to check the specials menu for limited-time dishes.

KIDS

Mini Avocado Toast (DF, V) \$9.80

Scrambled Eggs on Toast (DF, V) \$12

Fruit & Yogurt (GF, V) \$9.80

Quesadilla \$12

(Ham & Cheese / Avocado & Cheese)

VERTICAL BREAKY CLASSICS

CRUSHED AVOCADO \$17.80 ✓

Grilled halloumi, crushed avocado, roasted tomato, house pesto on toasted sourdough.

Add-ons: Egg \$3.50 / Bacon \$5 / Smk Salmon \$7

EGG & BACON ROLL \$12.80

Fried eggs & crispy bacon in a warm milk bun.

Add-ons: Bacon \$5 / Smk Salmon \$7 / Egg \$3.50 / Chorizo \$5

VEGGIE BREKKY BURGER \$16.80 ✓

Sautéed mushrooms, fresh spinach, and grilled halloumi, served with creamy scrambled eggs in a warm milk bun.

SMOKED SALMON BRUSCHETTA \$18.80

Norwegian salmon, avocado, cream cheese, cherry tomatoes on toasted sourdough.

EGGS BENEDICT \$24

Two poached eggs with your choice of bacon, smoked salmon, or spinach, served with hollandaise on toasted sourdough.

CHEESY FOREST SCRAMBLE \$21

Creamy scrambled eggs, layered with savoury ham, sautéed mushrooms, and cheddar cheese with a mornay sauce. Served with sourdough toast.

ARABIAN POACHED EGGS \$23

Poached eggs, onion jam, avo, feta cheese, chilli & lime on toasted sourdough.

SUPERGREEN BREAKFAST \$23 ✓

Sautéed kale, tomatoes, avocado, lime & poached eggs, with mixed seeds on toasted sourdough.

EXTRAS

Smoked Salmon (GF, DF) \$7

Chicken (GF, DF) \$7

Bacon (GF, DF) \$5

Halloumi (GF, V) \$5

Poached Egg (GF, DF, V) \$3.50

Fried Eggs (GF, DF, V) \$3.50

Avocado (GF, DF, V, VO) \$4

Mushroom (GF, DF, V, VO) \$6

Spinach (GF, DF, V, VO) \$6

Hash Brown (GF, DF, V, VO) \$3.50

Legend:

GF - Gluten-Free

VF - Vegetarian

DF - Dairy-Free

VFO - Vegan Option

Surcharges: A 10% surcharge applies on weekends and 15% on public holidays.

Allergies: While we do our best to accommodate dietary needs, our kitchen handles ingredients that may contain allergens. Please inform us of any allergies before ordering.

LUNCH MENU

SERVED 11:30AM - 3PM

(Please order at the counter or scan the QR code at the table)

VERTICAL LUNCH CLASSICS

POWER VEGGIE BOWL \$23

Poached organic eggs, brown rice, *DF,GF,V,VO*
seaweed, edamame, carrot, green shallots,
pickled ginger, avocado, sesame dressing,
nuts & seeds & house dressing.

SMOKED SALMON SALAD \$24.90

Smoked salmon, mixed salad, avo,
zucchini, capsicum, roasted almonds
with honey mustard dressing. *GF*

GRILLED CHICKEN SALAD \$24.90

Grilled chicken fillet, zucchini, capsicum,
roasted almonds, mixed salad & Caesar
dressing.

HALLOUMI & EGG ROLL \$13.80

Grilled halloumi, fried egg & avo in a warm
milk bun.

CHORIZO & EGG ROLL \$13.80

Chorizo & fried egg in a warm milk bun

CABINET + DAILY SPECIALS

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selection of fresh salads and sandwiches,
available cold, heated, or toasted — plus a
variety of sweet treats. Don't forget to check
the specials menu for limited-time dishes.

KIDS

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Scrambled Eggs on Toast (*DF, V*) \$12

Fruit & Yogurt (*GF, V*) \$9.80

Quesadilla \$12

(*Ham & Cheese / Avocado & Cheese*)

MORE FROM THE KITCHEN

SIGNATURE BEEF BURGER \$23.80

Juicy Angus beef patty, crispy bacon, onion,
lettuce, melted cheddar, house pickles,
tomato, smoky aioli, and golden fries on the
side.

GRILLED PERI PERI CHICKEN BURGER \$23

Chicken breast, tomato, lettuce, avo,
cheese, vertical green mayo. Served with
sweet potato fries.

CRISPY CORN & CHEDDAR FRITTERS \$22

Layered with caramelised onions, rocket,
avocado, & served with tomato jam. *V*

STEAK BURGER \$24.90

Scotch fillet, tasty cheese, tomatoes, mixed
salad & mayo on a toasted bun, served with
chips.

OPEN SMOKED SALMON BAGEL \$15.80

Smoked salmon, cream cheese, and rocket
layered in a warm toasted bagel with house
dressing.

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Chicken (*GF, DF*) \$7

Bacon (*GF, DF*) \$5

Halloumi (*GF, V*) \$5

Poached Egg (*GF, DF, V*) \$3.50

Fried Eggs (*GF, DF, V*) \$3.50

Avocado (*GF, DF, V, VO*) \$4

Mushroom (*GF, DF, V, VO*) \$6

Spinach (*GF, DF, V, VO*) \$6

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DRINKS MENU

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HOT DRINKS

	REG	LRG
ESPRESSO	\$4.80	\$5.80
LONG BLACK	\$4.80	\$5.80
PICCOLO	\$4.80	\$5.80
LATTE	\$4.80	\$5.80
CAPPUCCINO	\$4.80	\$5.80
FLAT WHITE	\$4.80	\$5.80
MACCHIATO	\$4.80	\$5.80
PRANA CHAI LEAF BREWED with milk and honey		\$7.00
TEA Jasmine, Earl Grey, English Breakfast, Lemon Grass & Ginger, Peppermint, Chamomile		\$5.50
EXTRA SHOT, DECAF, FLAVOURING		\$0.70
ALMOND/SOY/LACTOSE/OAT MILK		\$0.70

HOT DRINKS

	REG	LRG
HOT CHOCOLATE	\$5.20	\$6.30
MOCHA	\$5.20	\$6.30
CHAI LATTE	\$5.20	\$6.30
MATCHA	\$5.20	\$6.30
TURMERIC LATTE	\$5.20	\$6.30
DIRTY CHAI	\$5.20	\$6.30

COLD DRINKS

Tropical Juice <i>Tropical Juice, Ice, Tropical Syrup</i>		\$7.80
Affogato		\$6
Iced Long Black		\$6
Coffee Frappe <i>Espresso Shot, Ice Cream, Milk & Ice</i>		\$8
Iced Latte / Coffee / Mocha / Chai / Chocolate		\$7.50

COLD DRINKS

SMOOTHIES

Acai Smoothie <i>Acai, Banana, Water - Gluten & Dairy-free</i>		\$8
Banana & Mango Smoothie <i>Banana, Mango Syrup, Milk</i>		\$8
Nutella Smoothie <i>Nutella, Ice Cream, Chocolate Syrup, Milk</i>		\$8
Banana Smoothie <i>Banana, Ice, Milk</i>		\$8
Mixed Berry Smoothie <i>Mixed Berry, Yogurt, Milk, Honey, Ice</i>		\$8
Summer Smoothies <i>Mango, Mixed Berry, Yogurt, Honey, Ice</i>		\$8
Super Green Smoothie <i>Matcha, Kale, Banana, Avocado, Honey, Almond Milk</i>		\$9
Protein Smoothie <i>High Protein GF Granola, Chia Seed, Banana, Almond Milk, Ice</i>		\$9

FRAPPE

Mango <i>Mango Ice, Mangoes & Mango Puree</i>		\$8
Strawberry <i>Strawberry Ice, Strawberries & Strawberry Puree</i>		\$8
Mixed Berry <i>Berry Ice, Mixed Berries & Berry Puree</i>		\$8
Chocolate <i>Choc Ice, Ice Cream, Milk & Chocolate Sauce</i>		\$8
Coffee <i>Espresso Shot, Ice Cream & Ice</i>		\$8
Pineapple <i>Pineapple Ice, Ice Cream, Milk & Pineapple Juice</i>		\$8

SHAKES AND JUICES

Coffee Milk Shake <i>Espresso Shot, Ice Cream, Full Cream Milk</i>		\$8
Milk Shake <i>Choice of Vanilla / Caramel / Strawberry / Banana / Chocolate</i>	KIDS \$4.50 LRG \$8.00	
Freshly Squeezed Juice <i>Choice of Apple / Orange</i>	KIDS \$6.00 LRG \$8.00	