



# MENU

## Legends

V: Vegan  
 VO: Vegan Option  
 GF: Gluten Free  
 GFO: Gluten Free Option

If you have any dietary requirements, please ask for help from our friendly staff.

## FOOD

### SNACKS

**Hummus - V - \$8**

Served with carrot sticks

**Baba Ganoush - V - \$8**

Served with organic brown rice black sesame crackers

### SALADS

**Sesame Sensation - V - \$22**

Soba noodles, marinated tempeh, shiitake mushroom, cabbage, kale, edamame, carrot & sesame

**Harvest Bowl - \$22**

Biodynamic rye berry, roasted sweet potato, avocado, dried apricot, Schultz feta & Egyptian dukkah

**Fall Medley - V - GF - \$22**

Organic quinoa, roasted pumpkin, sundried tomato, Tuscan kale, dried fig, toasted hazelnuts & mix seeds

**Mediterranean Bowl - V - GF - \$22**

Organic quinoa, spinach, sun-dried tomato, roasted chickpea, baba ganoush, pickled cabbage, alfalfa, roasted sweet potato, avocado & toasted seeds

#### Choice of dressing

- Toasted sesame dressing
- Basil & olive oil dressing
- Thai Peanut Dressing
- Balsamic Vinaigrette

### SANDWICHES

**Gourmet Club - Served toasted**

**Pesto Paradise - \$19**

Pistachio pesto, spinach, roast pumpkin, Apostle Whey Cheese brie & sun-dried tomato

**Smokey Umami - \$19**

Smokey chutney, shiitake mushroom, avocado, spinach, pickled cabbage & Apostle Whey Cheese

**Veggie Medley - V - \$19**

Baba ganoush, roasted capsicum, sun-dried tomato, almond feta & spinach

**Panini - Served toasted**

**Hazelnut Haven - \$21**

Hazelnut falafel, capsicum tapenade & Apostle Whey Cheese

**Tempeh Delight - V - \$21**

Tempeh bacon, almond feta, pickled red onions, sun-dried tomato & spinach

**Foccacia - Served fresh or toasted**

**Feta Fusion - \$21**

Schultz Feta, roasted capsicum, capers, pistachio pesto, sundried tomato, spinach & pickled red onions

**Sunshine Temptation - V - \$21**

Almond feta, sundried tomato, roasted sweet potato, kalamata olive. pistachio pesto & spinach

### SOUP OF THE DAY

**Small - \$12 Large - \$15**

Change daily, check the board for the flavours of the day - served with toasted organic sourdough

### DESSERTS

**Hazelnut Brownie - V - GF - \$9**

Sweet potato, hazelnuts, cacao, maple syrup, vanilla, coconut

**Carrot Cake - V - GF - \$9**

Carrot, almond, buckwheat, currant, ginger, coconut, maple syrup, soy, with a cashew frosting

**Notella Protein Ball - V - GF - \$5**

Dates, hazelnut, coconut, cacao, vanilla pea protein, sea salt

**Muffin of the Day - \$7**

Served hot or cold

**Cacao Avocado Pudding - V - GF - \$9**

Avocado, coconut, cacao, maple syrup, vanilla

**Maple Chai Chia Pudding - V - GF - \$9**

Coconut, chia, Masala chai, maple syrup, spicy rhubarb compote

**Spiced Rhubarb Yoghurt - GF - \$7**

Spiced rhubarb compote, Schultz Greek yoghurt

**Honey Yoghurt - GF - \$7**

Local honey, Schultz greek yoghurt, housemade nuts & seeds granola

## DRINKS

### Coffee & Teas

**Black Coffee - \$4.5/\$5.5**

Espresso, long black, americano

**White Coffee - \$5/\$6**

Latte, flat white, cappuccino on your choice of milk

**Mocha - \$5/\$6**

Espresso, raw cacao & coconut sugar on your choice of milk

**Hot Cacao - \$5/\$6**

Raw cacao & coconut sugar on your choice of milk

**Clean Cravings herbal tea - \$5**

Selection of organics teas & herbal infusions

#### Choice of milks

- Schultz organic full cream
- Pure Harvest coconut milk
- Housemade almond milk
- Oatmilk Goodness
- Bonsoy

### Specialty Lattes

**Chai Latte - \$7**

Sticky Masala chai brewed on your choice of milk

**Golden Latte - \$7**

Turmeric, pepper, cinnamon, ginger, on your choice of milk

**Matcha Mint Cacao - \$7**

Wild-crafted raw Criollo cacao, carob, matcha & mint on your choice of milk

**Cacao Chaga - \$7**

Raw cacao, coconut sugar & chaga mushroom on your choice of milk

**Ceremonial Cacao - \$9**

100% pure Ceremonial grade heirloom Criollo cacao & maple on your choice of milk

**Boosters - +\$2**

- Turkey Tail
- Cordyceps
- Reishi
- Lions Mane
- Chaga
- Ashwagandha

### Cold Pressed Juice

**Green Bliss - \$9**

Celery, cucumber, spinach, apple, mint

**Minty Boost - \$9**

Pear, pineapple, apple, mint, ginger

**Sunshine Blend - \$9**

Orange, carrot, ginger, turmeric

**Tropical Fusion - \$9**

Pineapple, apple, grapes, ginger

**Bee-Tox - \$9**

Beetroot, pineapple, lemon, orange

**Golden Autumn - \$9**

Orange, pear, apple, golden beets, ginger

**Citrus Glow - \$9**

Lemon, apple, pineapple, turmeric

**Organic Orange - \$7**

100% cold pressed organic oranges