

Menu

ABSOLUTE CRAVINGS

FOOD THAT MAKES YOU FEEL GOOD

BRUNCH CAFE

Please no BYO Treats, meals or beverages.

Thankyou for respectfully honouring our venue, staff, menu and service times. If you encounter any issues or have concerns, please inform us immediately so we can assist you during your stay. We're here to ensure you have a smooth and enjoyable experience.

Allergies need to be mentioned at time of service so that we can better serve you.

Please remember your table number when ordering at the counter..found on the cutlery caddy.

BREAKFAST

(ALL DAY)

Poached Eggs - 14.50

Free range poached eggs on buttered white toast

The Recovery - 24.50

Egg, bacon, cheese, tomato or onion relish served on toasted Turkish Roll or 12" wrap

Smashed Avo Goddess - 23.50 or 1/2 serve 18.50

Two slices of sourdough layered with mashed avocado, garlic, fresh organic lime juice, sea salt & cracked black pepper covered with crumbled Greek feta, cherry tomatoes, in-house made pickled radish & dukkha, beetroot relish with a wedge of lime with toasted sesame. (Vegan - remove the Feta)

Sweet Potato Fritters (GF) - 21.50 or 1/2 serve 15.50

Two oven baked sweet potato fritters in-house made with almond meal, served with baby spinach, avocado, grilled cherry tomatoes & tomato relish.

Fritters Benny (low carb) - 28.50 or 1/2 serve 18.50

Sweet potato fritters, two poached eggs, baby spinach and bacon with hollandaise sauce. Add smoked salmon (add 3.00)

Vegan Brekkie - 23.50

Toasted sough dough, pesto, mushrooms, avocado, baby spinach, dukkah & balsamic glaze.

Savoury Mince - 25.00

Savoury Mince with bone broth & vegetables - served with two toasted & buttered bread & poached egg.

Big Breakfast Feast - 32.50

Butter Croissant, bacon, baby spinach, grilled tomato, mushrooms, avocado, two poached eggs with hollandaise sauce and tomato relish. Add smoked salmon (add 3.00)

Benny Baby - 24.50

Bacon, mushroom or smoked salmon (add 3.00)

Served on sourdough, baby spinach & hollandaise sauce

Smoked Salmon - 26.00 or 1/2 serve 19.00

Smoked salmon on sour dough with cream cheese, pickled onions, capers, beetroot relish with wedge of lemon and sesame seeds

Breakfast Extras

-Bacon - two rashers	- 9.00	-Halloumi - two slices	- 8.00
-Avocado.	- 5.00	-Sweet Potato Fritter.	- 8.00
-Mushrooms.	- 8.00	-Feta	- 8.00
-Two Eggs	- 6.00	-Grilled Cherry Tomatoes	- 6.00

ROLLS & WEDGES

GRILL

Steak or Grilled Chicken or Halloumi on Turkish roll - 36.00

Lettuce, tomato, beetroot, gherkin, tasty cheese, tomato relish & garlic aioli - served with sweet potato wedges with choice of side sauces (below).

Sauces;-In-house made Garlic Aioli, In-house made Honey Mustard, Sour Cream & Sweet Chilli Sauce, Vegan Aioli, Tomato or BBQ Sauce

WEDGES

Sweet Potato Wedges

	Full	Half Serve
-Sea Salt	- 17.50	/ 12.00
-In-house made Garlic Aioli	- 20.50	/ 15.00
-In-house made Honey Mustard	- 20.50	/ 15:00
-Sour Cream & Sweet Chilli Sauce	- 20.50	/ 15.00
-Vegan Aioli	- 21.50	/ 16.00

Last kitchen orders 1:00pm
10% weekend surcharges apply

SALADS

Caesar (GF & low carb) - 21.50

Lettuce, free range boiled egg, crispy bacon, shaved parmesan cheese, roasted pine nuts and caesar dressing. GF

In Training Salad (GF & low carb) - 21.50

Lettuce, boiled free-range egg, roasted turmeric sweet potato, roasted pine nuts and in-house made honey mustard dressing. GF

Add grilled chicken - 8.00 Add avocado - 5.00
Add Sweet Potato Fritter - 8.00

TOASTIE

Gourmet Toastery - 17.50 with sweet potato wedges

-Smoked off the bone Ham, our signature cheese blend, & sweet mustard pickles.

-Herbed chicken, sprouts, in house ranch & our signature cheese blend.

-The Ruben - pastrami, sauerkraut, mustard pickle, & our signature cheese blend.

-Bacon, lettuce, tomato, in house made garlic aioli, our signature cheese blend.

-Smoked Ham off the bone, tomato & our signature cheese blend.

-Chicken, avocado & cheese.

Ham & Cheese Croissant with tomato relish - 14.50

Unless stated bread is white
- GF available - \$3.00



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PANCAKES

Pancakes - 16.90
 two pancakes/serve comes with vanilla bean ice cream and
 -Banana
 -Strawberry
 -Blue Berries
 -Maple syrup

ACAI

ACAI Bowls - 17.90
 -Blueberries
 -Banana
 -Strawberries
 add Peanut butter (2.00)
 add Granola (2.00)

KIDS

12 Years & under
 -Rice Crackers - choice of avocado, peanut butter or jam. - 5.00
 -Cheese Toastie. - 8.50
 -Ham & Cheese Toastie. - 12.50
 -Chicken & Cheese Toastie. - 12.50
 -Sweet potato wedges with sauce. - 10.90
 -Pancake with strawberry or chocolate sauce, ice cream and sprinkles. - 12.50

HOT DRINKS

Coffee. - Cup: - 5.50 Mug: - 6.50
 Cappuccino, Flat White Reg, Mocha, Latte, Piccolo Latte, Long Black.

Baby Chino - 2.50

Hot Chai Latte, Hot Chocolate - Cup: - 7.00 Mug: - 8.50

Iced Latte (Iced or Blended) - 7.90
 add cream & ice cream - extra \$4 or \$2 each

Iced Long black - 5.50
 Alt milks: Oat, Soy, Macadamia, Almond & Coconut - 1.50 Extra

Bullet proof coffee - long black with MCT oil in a cup - 8.90

Tea Pot - 6.00
 Choice off; Lemon Myrtle & Ginger, Apple Tree, Peppermint, English Breakfast, French Earl Grey, Green Tea, Turmeric Beetroot & Ginger

SHAKES

Milk Shakes - 11.90
 your choice of Chocolate, Strawberry, Vanilla, Caramel, Malt (extra 1.50) or Banana.

Kids sizes available - 7.90
 (extra for alternative milks)

JUICE

In House Cold Press Juices - 12.00
 G's FAV - Orange, Apple & Pineapple
 GREEN MACHINE - Apple, Organic greens & Pineapple
 MINTY FRESH- Watermelon, Apple, Pineapple, Mint
 JUICES AVAILABLE: Orange Juice - Apple Juice - Pineapple Juice - Watermelon Juice

Kitchen closes at 1:00pm
10% weekend surcharges apply

SMOOTHIES

Smoothies - 14.00

Berry Blast

Raspberry's, blueberries, strawberries, lemon sorbet and apple juice

Endless Summer

Banana, mango, passionfruit, mango sorbet, and apple juice

Mango Tango

Mango, mango sorbet, banana and mango nectar

Tropical Townsville

Pineapple, Strawberries, lemon sorbet, apple juice

SOMETHING SWEET

Options on display at counter

INSTAGRAM



WEB SITE



FACEBOOK

