



Snacks

All yummys are free from gluten, dairy, peanuts, soy, white sugar and artificial sweetener. Wherever possible, certified organic ingredients are used.

Waffles \$10⁰⁰

[Served with coconut ice cream and pure organic maple syrup]

Ingredients – organic sweet potato, Australian almond meal, organic coconut oil, organic coconut flour, free range eggs, fresh organic coconut milk, organic pure vanilla extract, organic cinnamon, aluminium free bicarb soda. *Add: organic banana \$2.00, organic raspberries \$3.00*

Banana Bread \$6⁰⁰

[Two pieces heated or toasted with organic butter]

Ingredients - Australian almond meal, pure organic maple syrup, organic zucchini, organic bananas, Fairtrade organic coconut oil, free range eggs, aluminium free bicarb soda, organic cinnamon, celtic sea salt.

Paleo Toast \$7⁰⁰

[Two pieces toasted with organic butter and your choice of 100% fruit jam - strawberry, raspberry or blackberry]

Muffins \$4⁵⁰

Base ingredients - Australian almond meal, organic coconut oil, organic coconut flour, local raw honey, free range eggs, fresh organic coconut milk, organic vanilla powder, organic cinnamon, aluminium free bicarb soda. *See display for available flavours.*

Frittatas \$6⁰⁰

Base ingredients - free range eggs, fresh organic coconut milk, celtic sea salt, pepper. *See display for available flavours.*

Granola w/coconut yoghurt \$10⁰⁰

Ingredients - Australian almonds, organic coconut flakes, organic coconut oil, local raw honey, organic cashews, organic pepitas, organic sunflower seeds, organic pure vanilla extract, celtic sea salt. *Available in 400gm bags for \$21.00*

Caveman Slice \$5⁰⁰

[2 pieces]

Ingredients - Australian almond meal, organic coconut, organic coconut oil, local raw honey, organic pepitas, organic sunflower seeds, Australian almonds, sulphite free organic cranberries, pure organic vanilla extract.

Chocolates \$2⁵⁰

Base ingredients - Fairtrade organic coconut oil, Fairtrade organic cocoa powder, local raw honey. *See fridge for available flavours.*

Gourmet Chocolates \$3⁵⁰

Base ingredients - Fairtrade organic coconut oil, Fairtrade organic cocoa powder, local raw honey. *See fridge for available flavours.*

Sticky Date Pudding \$8⁰⁰

[Served with butterscotch sauce and coconut ice cream]

Ingredients - Australian almond meal, organic coconut oil, organic coconut flour, Fairtrade organic coconut sugar, fresh organic coconut milk, free range eggs, organic vanilla powder, organic cinnamon, aluminium free bicarb soda, cream of tartar.

Fruit Cake \$9⁰⁰

[Enough for 2 or 3 people, share with a friend!]

Ingredients - Sulphite free organic dried fruit [sultanas, currants, apricots, pineapple, goji berries, medjool dates], organic cinnamon, organic nutmeg, organic apple juice, Australian almond meal, organic coconut oil, Fairtrade organic coconut sugar, free range eggs.

Raw Power Bar \$6⁰⁰

[13% protein, low GI]

Ingredients - Australian almonds, Australian almond meal, organic coconut oil, Fairtrade organic raw cacao, Fairtrade organic cocoa powder, local raw honey, organic sunflower kernels, organic figs, organic goji berries, free range egg white powder.

ANZAC Biscuits \$1⁵⁰

Ingredients - Australian almonds, Australian almond meal, organic coconut, organic coconut oil, local raw honey, aluminium free bicarb soda.

Lemon Cheesecake Bites \$3⁵⁰

Ingredients – Australian almonds, organic cashews, organic medjool dates, organic coconut, organic coconut oil, local raw honey, fresh organic lemon.

Salted Caramel Cheesecake \$7⁰⁰

Ingredients – Australian almond meal, organic cashews, organic zucchini, organic coconut, Fairtrade organic coconut sugar, Fairtrade organic cocoa, organic coconut oil, organic pure maple syrup, celtic sea salt.

Misty's Balls of Joy \$2⁰⁰

Ingredients – organic apricots, organic dates, organic goji berries, organic pineapple, Australian almonds, organic cashews, organic pepitas, organic sunflower seeds, organic cacao, organic coconut oil, organic pure maple syrup, organic coconut

Red Velvet Cake \$6⁰⁰

[Served with raspberry coulis]

Ingredients – organic beetroot, Australian almond meal, local free range eggs, organic Fairtrade cocoa, pure organic vanilla extract, organic coconut oil, organic pure maple syrup. *Add ice cream \$2.00.*

Ask us about catering for your next function!



Drinks

Our coffee beans are Fairtrade certified organic and locally roasted.

Milk available:

Organic unhomogenised full cream or skim milk

Organic soy milk

FRESHLY MADE organic coconut milk

Almond milk

Cashew milk

Coffee, Chai and Chocolate:

Cappuccino, Flat white, Latte

\$4⁰⁰ / \$4⁵⁰

Long black, Doppio

\$4⁰⁰

Piccolo

\$3⁸⁰

Espresso, Ristretto, Macchiato

\$3⁰⁰

Mocha

\$4²⁰ / \$4⁷⁰

Affogato [with coconut ice cream]

\$5⁰⁰

Chai Latte

\$4⁰⁰ / \$4⁵⁰

Dirty Chai [one shot of espresso]

\$4⁵⁰ / \$5⁰⁰

Clarity Coffee [black coffee blended w/ organic butter & MCT oil]

\$5⁰⁰

Add: extra shot or syrup - 50 cents

Paleo hot chocolate [In house made chocolate powder (cacao also available) with your choice of milk]

\$4⁰⁰ / \$4⁵⁰

Iced Coffee/Chocolate [Made with your choice of milk and sweetener]

\$5⁰⁰

Coconut ice cream \$1.50 extra

Teas:

Planet Organic loose leaf tea

\$4⁰⁰

[English breakfast, Earl grey, Peppermint, Chamomile, Darjeeling, Green, Chai spice, Lemongrass, White tea]

Herbal teas also available

Others:

Dreamy Dandelion [Roasted dandelion root & organic carob with warm fresh coconut milk]

\$5⁰⁰

Inner Glow [Organic turmeric, raw honey, organic cinnamon and organic cayenne pepper with warm almond milk]

\$5⁰⁰

Various cold drinks available from the drinks fridge