

SPECIAL BOWLS

Check our special board for this week's fresh ingredients.

Super Bowl

Our low-carb bowl served with a seasonal mix of organic market produce, high quality fats and lean protein. Recommended as part of a healthy daily routine.

\$16

James's Trainer Bowl

High in lean protein and carbohydrates, we recommend this bowl for post workout recovery or to see you through a busy day

\$16

Hollywood Bowl

Simple and healthy, served with fresh and pickled seasonal organic market produce.

\$17

F O O D

Solar Granola		\$14
Honey toasted quinoa and almond granola, seasonal fruit and yoghurt + Coconut yoghurt \$3		
Nonie's Hazelnut Muesli	cup \$9/reg	\$15
Mixed seeds, puffed rice, sultanas and hazelnut butter served with organic coconut flakes on milk or yoghurt + Coconut yoghurt \$3		
Hippie Toast		\$9
Charcoal quinoa loaf or rye sourdough served with house-made jam and marmalade		
Smashed Avocado		\$12
Fresh avocado on charcoal quinoa loaf or rye sourdough + Organic poached egg \$4		
Breakfast Burrito		\$15
Served with smoked bacon, 2 fried eggs, pico de gallo, fresh avocado and spicy salsa		
Tempeh on Toast		\$18
Harissa tempeh, roast field mushrooms, lettuce, avocado and tomato served on rye sourdough		
Rec Club Sandwich		\$18
Smoked bacon, harissa chicken thigh, lettuce, avocado and tomato served on rye sourdough		
Californian Tofu Burrito		\$17
Served with marinated tofu, black beans, fresh avocado, pico de gallo, smoked cheddar, pickled carrots, coriander salsa and fermented hot sauce		
Kerala Winter Curry		\$18
Coconut and turmeric dahl, eggplant, broccoli and coriander served on brown rice + Organic fried egg \$4		

ADD A SIDE

Smoked bacon	\$7	Avocado salsa	\$5
Poached free range chicken	\$6	Charred broccolini	\$4
Smoked salmon	\$6	Brown rice	\$3
Organic egg, poached or fried	\$4	Nonie's charcoal gluten-free bread	\$3
Grilled tempeh	\$5		

D I K R N

JUICE

Fresh Orange Juice + grated ginger .50c	\$6
Juice of the Day	\$7
Smoothie of the Day	\$7
PRC Club Soda	\$6
Organic Kombucha	\$7
Fresh Coconut	\$MP

COFFEE

Black/White Regular	\$4.50
Large + soy, oat or almond milk .50c	\$5.50
Hot Chocolate	\$5
Ice Filtered Coffee	\$5

TEA

Mayde Rooibos Turmeric Chai Rooibos, cinnamon, clove, ginger, cardamon, turmeric and black pepper	\$4.5
Mayde Energise Blend Lemongrass, papaya, ginger and cinnamon	\$4.5
Mayde Restore Blend Lemon myrtle, hibiscus, echinacea, marshmallow leaf and rosehip	\$4.5
English Breakfast	\$4
Sencha Green	\$4
Chamomile	\$4
Peppermint	\$4