

# BREAKFAST

Available until 11.30am

## Fresh Grapefruit

Half grapefruit diced and served in its rind. High in fibre and antioxidants. \$4

Whole grapefruit diced and served in a glass with date granola and cashew cream. \$8  
(gf) (df) (v) (vv)

## Chia Cup \$9

Coconut-soaked chia, berry compote, cinnamon, toasted coconut, seasonal fruit and young coconut flesh. A quick, nutritious breakfast of protein, Omega-3, fibre, iron and calcium (gf) (df) (v) (vv)

## Solar Granola \$14

Honey toasted quinoa, almond and flaxseed granola (good for your gut!), seasonal fruit and yoghurt (v)  
+ Coconut yoghurt \$3

## Beach Bowl \$15

Antioxidant-rich, beach-inspired Açai blended with fresh banana and mango, date, walnut and pumpkin seed crumble, toasted coconut, fresh seasonal fruit. Hydrating fruit, natural sugars and protein make it perfect for after training (v, vg, df, gf)

## Protein Pancakes \$16

Buckwheat flour and pea protein pancakes topped with cashew cream, almond butter, maple walnuts and fresh blueberries. High in magnesium for sore and recovering muscles (v, gf)

## Breakfast Wrap \$15

Naturally smoked organic bacon, fried eggs, pico de gallo, avocado and spicy smoked tomato salsa (df) (vegetarian option available)  
+ side of healthy greens or broccolini \$4

## Things on Toast

Rye sourdough or Nonie's quinoa charcoal loaf [gf] with your choice of topping:

Cultured butter and your choice of seasonal jam or marmalade, peanut butter, Vegemite, almond butter or cashew cream. \$9

## Avocado \$12

+ soft boiled organic egg \$4

## Scrambled eggs with tomato, avocado and chilli oil \$16

+ prosciutto \$3  
+ truffle pecorino \$3  
+ healthy greens \$4

Cherry tomato jam, Meredith Valley goats' cheese, basil, thyme and organic Blue Mountains honey.  
(v) (gluten free option available) \$12

### Please Note

No substitutions except for dietary requirements.

All menu items are subject to produce availability and may be substituted for quality purposes.

### Dietary Key

We are dedicated to accommodating dietary requirements and allergies  
(gf) gluten free (df) dairy free (v) vegetarian (vv) vegan

# LUNCH

Available from 11.30am

## Rec Club Sandwich \$18

Naturally smoked organic bacon, harissa chicken thigh, lettuce, avocado and tomato on rye sourdough served with a side of crisps (df) (gluten free option available)

## Californian Tofu Burrito \$19

Marinated tofu, black beans, fresh avocado, pico de gallo, smoked cheddar, pickled carrots, coriander salsa, fermented hot sauce with a side of coconut sour cream and corn chips (v, df) (vegan option available) Don't want gluten? Ask for a burrito bowl instead.

## Kerala Curry Bowl \$18

Coconut and turmeric dahl, pickled eggplant, charred broccolini, coriander and cucumber yoghurt, served on brown rice (vg, gf, df) (vegan option available)  
+ organic chilli fried egg \$4  
+ free-range poached chicken \$6

## Gado Bowl \$17

Indonesian-style marinated tempeh salad, pickled carrot, lacto-fermented sauerkraut, cucumber, bean sprouts, house-made peanut satay, coriander and a Papanui soft boiled egg served on brown rice (v, df, gf)

## Bento Bowl \$17

Soba noodles, chickpea miso-marinated eggplant, daikon, spring onion, pickled mushrooms, bok choy, nori, sesame and soft boiled egg (v, df)  
+ free-range poached chicken \$6

## Hollywood Bowl \$17

Quinoa, pickled carrots, avocado, raw kale, lacto-fermented sauerkraut, alfalfa sprouts, rocket and walnut pesto. High in iron, fibre and low in calories (v, vv, gf, df)  
+ smoked salmon \$6

## ADD A SIDE

### Naturally smoked organic bacon \$7

Free-range poached chicken \$6

Smoked salmon \$6

Papanui open range egg — poached, soft boiled or fried \$4

Avocado salsa \$5

Charred broccolini \$4

Healthy greens \$4

Organic brown rice \$3

Nonie's charcoal and quinoa gluten-free bread \$3

Rye sourdough \$3

## MORNING & AFTERNOON TEA

by Holistic Kitchen

The Holistic Kitchen makes plant-based remakes of classic treats that taste as good, if not better, than the originals. Everything that comes out of their kitchen is vegan, gluten-free and refined-sugar free. All ingredients are carefully sourced and, where possible, certified organic.

Please see display at counter or ask us for details

# COLD DRINKS

## SMOOTHIES

Made fresh daily

### R&R \$7

Almond milk, granola, banana, chia seeds and BEAR Repair Protein

### Olympiad \$7

Beetroot juice, coconut yoghurt, blueberries and açai

### Greener Colada \$7

Coconut water, pineapple, spinach and lime

### Sweet Dreams \$7

Cloudy apple juice, banana and strawberries

+ BEAR REPAIR protein supplement, BEAR NOURISH prebiotic supplement, chia seeds \$1.50 each

## COLD PRESSED JUICE

by The Fix

With two in-house nutritionists, Sydney-based juice maker The Fix develops juice combinations for optimal health results using top quality ingredients, organic herbs and nutrient-dense superfoods.

### Take a Chill Pill \$6

Immune boosting and alkalising blend of coconut water, spinach, cucumber, celery, kale, parsley, lemon and lime.

### In Full Swing \$6

Liver boosting, beta-carotene rich blend of mandarin, carrot, peach and turmeric.

### Shot in the Dark \$6

Hydrating, detoxifying blend of filtered water, lemon and activated charcoal.

## REFRESHMENTS

### Fresh Orange Juice \$6

+ grated ginger and/or turmeric +.50c

### Trainer Tonic \$6

Concentrated elixir of fresh turmeric and ginger, raw honey, cayenne pepper, fresh lemon juice and mint. Served warm or over ice and topped up with sparkling water. Great for gut health and reducing inflammation.

### Tonika Organic Kombucha \$7

Original, Lemon Lime Ginger, Elderflower or Blackberry (depending on season)

### Probiotic Fig and Ginger Kefir by The Fermentary \$9

Fermented and fed the best organic raw sugar and the crispest, spring water. The kefir eats 97% of that sugar so you are left with a gently sour, slightly fizzy drink.

### Fresh Coconut \$7

Opened to order, the potassium and lauric acid in fresh coconut improves cardiovascular health and aids hydration and digestion.

# TEA AND COFFEE

## TEA

by Mayde Tea

We are proud to serve Mayde Tea from Byron Bay, a 100% organic herbal tea created by naturopath Kate Dalton to heal and nourish the body. All ingredients are farm grown, locally sourced and chosen for taste and therapeutic qualities.

### Rooibos Turmeric Chai \$4.5

Rooibos, cinnamon, clove, ginger, cardamom, turmeric and black pepper.

### Australian Native Blend \$4.5

Strawberry gum, lemon myrtle, peppermint gum, rosella, aniseed myrtle and lemongrass.

### Restore Blend \$4.5

Lemon myrtle, hibiscus, echinacea, marshmallow leaf and rosehip

### Traditional Organic Teas \$4

English Breakfast, Earl Grey, Peppermint

### Sticky Chai Latte \$5

Mayde's healthier, vegan alternative to other sticky chai blends. Black tea, coconut nectar, brown rice syrup, cinnamon, ginger, cardamon, clove and black pepper.

### Matcha Latte \$5

Calming organic matcha powder, ginger, sumac and vanilla. Blend by The Bircher Bar. (gf) (vv)

### Golden Latte\* \$5

Turmeric, cinnamon, ginger and black pepper. Blend by The Bircher Bar. \*In Ayurvedic medicine 'golden milk' is recognised as a potent healer and protective medicine.

### Coconut Mylk Hot Chocolate \$5.50

+ soy, oat, coconut or almond milk .50c

## COFFEE

by Coffee Supreme

Black or white with organic unhomogenised cow's milk (full cream or skim)

### Espresso \$4.00

### Long black \$4.00

### Regular \$4.50

### Large \$5.00

Extra shot + .50c

+ soy, oat, coconut or almond milk .50c

## ORDER AT THE COUNTER

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts and milk. For more information, please ask us.