

BREAKFAST

All day

Breakfast Wrap \$15

Smoked bacon, fried eggs, salsa verde, cheese, pico de gallo and avocado (vegan and vegetarian option available)

Eggplant Eggs Benedict \$16

Eggplant caviar, two poached eggs, mustard yoghurt, hazelnut crumb and rye bread (v)

Club Continental Breakfast \$17

Soft boiled egg, coconut yoghurt, multigrain bread (gf) and jams with coffee or cold pressed orange juice (v)

Omelette \$18

Free range eggs with a choice of salmon, bacon or mushroom, served with avocado, cherry tomatoes and rye bread (v)

Banana Protein Bread \$16

Homemade banana protein bread, cashew cream, hazelnut, maple syrup and blueberries (gf) (v)

Solar Granola Bowl \$15

Granola, fresh fruit and coconut yoghurt (v)

Seasonal Fruit Bowl \$14

Seasonal fruit, honey, coconut yoghurt and mint (vv)

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 AND TAKEAWAY DINNERS

Available from 11.00am to close

Honey Dukkah-Roasted Pumpkin \$16

Roast pumpkin, pomegranate, quinoa kale salad and tahini dressing (vv)

Heirloom Tomato Burrata Salad \$18

Heirloom tomatoes, burrata, anchovy dressing, crispy ham and garlic crostone

Green Bowl \$15

Seasonal greens, chickpea hummus, sun-dried tomato, polenta and pumpkin seeds (v)

Kerala Curry Bowl \$18

Coconut and turmeric dahl, pickled eggplant, charred broccolini, coriander and cucumber yoghurt, served on brown rice (v) (vegan option available)

'Nduja Chicken Cacciatore \$17

Braised chicken, 'nduja salami, brown rice and tahini yoghurt

Californian Tofu Burrito \$19

Marinated tofu, black beans, fresh avocado, cheese, salsa verde, pico de gallo and fermented hot sauce (v) (vegan option available)
Don't want gluten? Ask for a Burrito Bowl instead

ADD A SIDE

Greens \$4

Broccolini \$4

Egg \$4

Hummus \$4

Avocado \$5

Smoked salmon \$5

Prosciutto \$4

Brown rice \$4

Slice of rye bread \$2

Slice of gluten free bread \$3

SNACKS

Slice of banana protein bread with butter \$8

Granola cup \$8

Chia cup \$8

Fresh coconut opened to order \$7

COLD DRINKS

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

Pink Dragon \$6

Rich in antioxidants with dragon fruit, apple, lemon and a hint of ginger

Orange Juice \$6

Freshly squeezed and rich in vitamin C

Fresh Coconut \$7

Market fresh, opened to order

PROTEIN SMOOTHIES

Made fresh daily

Peanut Butter Dream \$12

Peanut butter, banana, vanilla protein and almond milk (v)

Berry Light \$12

Strawberry, mango, coconut yoghurt, coconut milk, chia, honey and protein (v)

Rise and Shine \$12

Espresso, banana, dates, coconut water and chocolate protein (v)

REFRESHMENTS

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.

Kombu Kombucha \$7

Natural, Ginger, Lemon Myrtle or Raspberry Thyme

TEA AND COFFEE

COFFEE

by Coffee Supreme

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

Espresso \$4

Long black \$4

Regular \$4.50

Large \$5

Extra shot +.50c

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

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, cardamon, 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) (v)

Golden Latte* \$5

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

Coconut Mylk Hot Chocolate \$5.50

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