

# K I O K S

## SOMETHING LIGHT

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### Daily Fruit Salad

w/ coconut yoghurt  
\$7.5

### Bircher Muesli

Green apple and coconut, rhubarb  
\$14

## ADD A SIDE

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Free range bacon, gravlax, avocado,  
Kimchee or miso mushrooms \$6

Vine ripened tomato or ricotta \$4

Add another egg \$3

Add a slice of toast \$3

## HEARTY & HEALTHY

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### PRC Cure

w/ 70-degree egg, house cured gravlax, fermented red  
cabbage, tomato, avocado, ricotta  
\$18

### Ful Medames

Free range eggs wit a choice of salmon, bacon or  
mushroom, served with avocado, cherry tomatoes  
and rye bread  
\$16

### Brown Rice Bowl

Kimchee, miso mushrooms, avocado,  
70-degree egg, toasted seaweed  
\$16

### Rec Club Scramble

w/ Free range eggs, sourdough, tomato relish  
\$12



## COFFEE

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### 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

+ Almond or oat milk .50c

## FRESH JUICE

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### Liquid Sunshine

Orange juice, mango, peppermint, berries, lime  
\$8

### Clean & Green

Spinach, cucumber, green apple, fennel, ginger, linseed oil  
\$8

### Rise & Shine Smoothie

Young coconut juice, coconut cream, banana, espresso,  
vegan chocolate protein  
\$8

# K I O K S

## HOT MAINS

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**Grilled Chicken Breast with  
Chermoula Crust**

(DF, GF)

w/ two daily salads

\$20

**Slow Cooked Lamb Shoulder,  
Spicy Harissa and Grilled Red Peppers**

(DF, GF)

w/ two daily salads

\$24

## DAILY SALADS

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**See the board for todays  
fresh, seasonal specials**

## COLD MAINS

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**Confit Ocean trout, Soft herbs,  
Lemon and Capers**

(DF, GF)

w/ two daily salads

\$22

**Poached Chicken Breast, Green Olive,  
Cherry Tomato and Fennel**

(DF, GF)

w/ two daily salads

\$20

**Falafel and Green Tahini**

(VE, DF, GF)

w/ two daily salads

\$18



## COFFEE

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## FRESH JUICE

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**Liquid Sunshine**

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**Clean & Green**

Spinach, cucumber, green apple, fennel, ginger, linseed oil

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**Rise & Shine Smoothie**

Young coconut juice, coconut cream, banana, espresso,  
vegan chocolate protein

\$8