

K I O K S

SOMETHING LIGHT

Daily Fruit

w/ coconut yoghurt
\$9.5

Bircher Muesli

Green apple and coconut, rhubarb
\$14

ADD A SIDE

Free range bacon, gravlax, avocado \$6

Vine ripened tomato or ricotta,
Kimchee or miso mushrooms \$4

Add another egg \$3

Add a slice of toast \$3

HEARTY & HEALTHY

PRC Cure

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

Ful Medames

Broad-bean and chickpea stew, whipped goats curd,
tomato, cucumber, hard boiled egg
\$16

Brown Rice Bowl

Kimchee, miso mushrooms, avocado,
Onsen egg, toasted seaweed
\$16

Rec Club Scramble

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

Avo on Toast

w/ Smashed avo and chopped egg on sourdough,
togorashi chili, sesame seeds
\$12



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

+ Almond or oat milk .50c

FRESH JUICE

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

DAILY SALADS

See the board for today's
fresh, seasonal specials and add your
choice of proteins & sides.

Small \$10
Large \$14

ADD A SIDE

Free range bacon, gravlax, avocado \$6

Vine ripened tomato, ricotta,
Kimchee or miso mushrooms \$4

Add a free range egg \$3

Add a slice of toast \$3

ADD A PROTEIN

**Grilled Chicken Breast Skewer with
Chermoula Crust**

(DF, GF)
\$6

**Grilled angus handkerchief steak
with golden garlic butter**

(DF, GF)
\$12

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

(DF, GF)
\$10

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

(DF, GF)
\$8

Falafel and Green Tahini

(VE, DF, GF)
w/ two daily salads
\$8

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