

The Nourished Eatery

COFFEE



Flat White	5	5.5
Cappuccino	5	5.5
Latte	5	5.5
Mocha	5	5.5
Long Macchiato	5	
Long Black	4	
Americano	4	
Piccolo	4	
Short Black	4	
Short Macchiato	4	
Iced Coffee		7

MILKS

Soy
Rice
Almond
Coconut
Oat
Cows - Trim / Full Fat
Cream
Coconut Cream

HEALING ELXIRS

Matcha	5.5	6
Cappuccino	5.5	6
Latte	5.5	6

EXTRAS

Milk on the side	.5
Extra shot	.5
Flavoured shots	.5



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EATS

Posh Porridge

15 

Rice Porridge, Seasonal Fruit, Coconut Whip, Toasted Nuts

Creamy Thyme Mushrooms

18 

Mushrooms, Coconut Cream, Garlic, Betterbread Sourdough

Wellness Bowl

18 

Brown Rice, Crispy Tofu, Seasonal Veggies, Japanese Sesame Dressing

Nourish Fry Up

18 

Hash Browns, Crispy Tofu, Smokey Beans, Roasties, Spinach, Locally Made Sourdough Bread

Hotcakes

18 

Banana, Coconut Whip, Berries, Toasted Nuts, Maple Syrup

Jackfruit Burger

15 

BBQ Jackfruit, Spinach, Tomato, Cheese, Pickle, Sourdough Bun



= Gluten Free



= Gluten Free Optional

SMOOTHIES

Passionfruit Raspberry

10

Peter Rabbit Juice, Banana, Passionfruit, Raspberries, Coconut Whip +

Peanut Butter Jelly

10

Soy Milk, Banana, Peanut Butter, Dates, Maca, Choc Sauce, Raspberries

Blueberry Oat Vanilla

10

Soy Milk, Banana, Blueberries, Chia Seeds, Oats, Protein Powder +

Summer Greens

10

Greens juice, Spinach, Greens Powder, Banana +

JUICES

Peter Rabbit

8

Beetroot Detox

8

Green Wellness Juice

8

No menu changes.

Pease let us know if you have allergies before ordering.

