

HEALTH BAR EATS

MORNING VIBES

Organic sourdough toast with butter & housemade jam	GFO	7.5
Organic fruit toast with butter		8.5
Toasted banana bread with butter, banana & maple syrup		8.5
Old Mate egg & bacon roll Free range egg & free range bacon with rocket & tomato relish on a turkish roll		8.5
Free range scrambled eggs served on organic sourdough toast	V	10.5
Power porridge Oats, quinoa, pepitas, coconut & raisins topped with either: ● caramelised pears, walnuts, cinnamon & marscapone cream; or ● fresh berries, coconut yoghurt & maple syrup	V	12.5
Organic cacao & coconut granola with rhubarb compote & coconut yoghurt	V	13.5
Health Bar acai bowl served with fresh fruits, seeds & organic beetroot granola	VG	16.5
Housemade baked beans with rocket on organic sourdough toast topped with marinated goats feta	V	16.5
Trusty avo Avocado with marinated goats cheese & lemon on organic sourdough	V	17.5

GF Gluten free | GFO Gluten free option | V Vegetarian
VG Vegan | VGO Vegan option | LF Low FODMAP

BRUNCH OR LUNCH

Zucchini fritters served on a bed of rocket with avocado salsa, tomato chutney, caramelised onions & sour cream	GF V	12.5
Bahn Mi roll Free range chicken, kimchi & Vietnamese salad	GFO	14.5
Low FODMAP salad Spinach, free range soft boiled eggs, tomato, avocado, free range chicken, feta & chilli flakes	LF	16.5
Build a Bowl Base bowl of rice, leafy greens, kraut, avocado, hummus & lemon Add your choice of protein: Hot smoked salmon / Free range chicken / Falafel / Free range egg / Pulled pork	VG	14.5 18.5
Vegan burrito bowl Bean mix, rice, avocado, tomato salsa, jalapeños & cashew sauce with a side of toasted turkish bread	VG	16.5
Pulled pork burrito bowl Slow roasted pulled pork, rice, avocado salsa & jalapeños topped with sour cream & toasted turkish bread	GFO	18.5
Sweet potato burger Sweet potato pattie with rocket, tomato and beetroot topped with sour cream and sweet chilli in a turkish bun	V	14.5
Buddy's beef burger Beef pattie with rocket, tomato, tomato relish, bocconcini, caramelised onions & free range bacon in a turkish bun, served with rocket, parmesan & balsamic		16.5
Drop the bun beef burger Drop the bun and enjoy the delicious beef pattie with rocket, tomato, tomato relish, bocconcini, caramelised onions & free range bacon	GF	14.5

TOWER UP YOUR TOASTIE

Classic toastie Ham, cheese & tomato (any variation) on organic sourdough	10.5
Add any of these extras: Avocado / Free range chicken / Pulled pork / Goats cheese / Free range bacon / Hot smoked salmon	14.5

ADD-ONS *...available to order with any main meal*

Organic sourdough toast (per slice)	2.0
Gluten free toast (per slice)	
Fresh tomato / Hummus / Cheddar / Kimchi / Kraut	3.0
Free range soft boiled egg / Free range scrambled egg / Half avocado / Ham	4.0
Hot smoked salmon / Free range bacon Free range chicken / Pulled pork	4.5

HEALTH BAR KIDS

Mac's toast Toasted organic sourdough with either Vegemite, honey, peanut butter or jam	6.0
Open toastie with ham & cheese, or just cheese, on turkish bread	8.0
Free range scrambled eggs served on turkish bread	8.0
Rainbow plate Sliced apple, strawberries, blueberries, dried apricots, raisins & cheese cubes	8.0
Banana smoothie Banana, honey & milk	6.5

SOMETHING SWEET

Check out the fridge for our selection of sweet treats.

HEALTH BAR DRINKS

ESPRESSO BASED COFFEE

Espresso / Short Mac	3.5
Double Espresso / Long Black / Long Mac	4.0
Cafe Latte / Cappuccino / Flat White Magic / Piccolo Latte	4.0
Large	add 0.5
Extra shot	add 0.5
Iced Coffee	6.5
Iced Mocha	7.0

SINGLE ORIGIN FILTER BREW

250ml	5.0
450ml	8.5

MILK ALTERNATIVES

Bonsoy / Lactose free / Coconut	0.5
Milklab Almond	1.0

SOMETHING SPECIAL

Chai Latte	5.0
Dirty Chai	5.0
Iced Chai	7.0
Turmeric Latte	4.5
Beetroot Latte	4.5
Hot Chocolate	4.5
Chilli Hot Chocolate	4.5
Iced Chocolate	6.5

ORGANIC MAYDE TEA

English Breakfast	4.5
Earl Grey	4.5
Peppermint & cacao nib	4.5
Green sencha, jasmine & rose	5.0
Restore Echinacea, marshmallow leaf, lemon myrtle, rosehip & hibiscus	5.5
Energise Lemongrass, papaya, cinnamon & ginger	5.5
Serenity Chamomile, passionflower, rose petals & lavender	5.5

MILKSHAKES

Vanilla, Caramel or Chocolate with milk & icecream	6.5
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SMOOTHIES

Daily Green Apple, cucumber, avocado, prebiotic greens, spinach, coconut water, dates & hemp seed with a twist of lime	GF VG	9.5
Golden Grind Golden Grind turmeric powder, banana, medjool dates, coconut kefir & coconut milk	GF VGO	9.5
Bolty Red Blueberries, strawberries, raspberries, acai, coconut kefir & coconut milk	GF VGO	9.5
Chocolate High Milk, nut butter, chocolate powder, honey & banana		9.5
Turn me into a post-workout Add LSA, protein & nut butter to your Daily Green, Golden Grind or Bolty Red		add 3.0

• see our board for today's special blend..

COLD PRESS JUICES 500ML

Made fresh, squeezed slowly & made
with love by us 9.5

• see our board for today's delish squeeze..

WHILE WE'RE TALKING JUICES...

Feeling a bit run down and in need of a serious
nutrient boost?

Ask our awesome team for details & info on our
DETOX & WELLBEING JUICE PROGRAMS.



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