

BREAKFAST

RICE PORRIDGE **V** \$16.5

Toasted coconut, rhubarb & berry compote

BANANA BREAD TOAST **V** \$16.5

Toasted almonds, rhubarb & berry compote, maple syrup, coconut yogurt

CHIA PUDDING **V** \$14.5

Peach & mango compote

SMOOTHIE BOWL **V** \$18.5

Granola, toasted coconut, goji berries, frozen blueberries

LUNCH

5 BEAN CHILLI \$21

Topped with grated cheese, sour cream, spring onions
Choice of base: Dirty rice, corn chips or baked potato
Vegan option available

WINTER SALAD **V** \$18

Roast pumpkin, red onion, kale, Chioggia beetroot, cranberries, ginger miso dressing

FALAFEL WRAP **V** \$18.5

Falafel, red peppers, mesclun, shredded carrot, beetroot hummus

SOUP OF THE DAY \$16.5

House made croutons

BAKERY

CHEESE SCONE \$9

COOKIE \$7.5

MACARON \$4.5

BROWNIE \$9.5

LEMON COCONUT MUFFIN \$9

CARROT CAKE **V** \$9.5

SMOOTHIES

PINA COLADA **V** \$14.5

Coconut milk, banana, pineapple, mango, MCT oil, lime juice

SUPER BERRY **V** \$14.5

Orange juice, banana, mixed berries, açai

GREEN FLAG **V** \$14.5

Banana, spinach, coconut milk, spirulina, apple juice

BASE
BAR

ALL OF OUR MENU ITEMS AT BASE BAR ARE GLUTEN-FRIENDLY.

If you have any dietary requirements or food allergies, please inform our staff and we will do our best to accommodate you, however all our food is prepared in the same kitchen, and we cannot guarantee no trace elements may be present.

HOT DRINKS

FLAT WHITE REG \$6.75 / LRG \$7.25

CAPPUCCINO REG \$6.75 / LRG \$7.25

LATTE \$7.25

AMERICANO \$5.75

SHORT BLACK \$5.75

LONG BLACK \$5.75

SHORT MACCHIATO \$6.05

LONG MACCHIATO \$6.05

PICCOLO \$6.25

CHAI LATTE \$7.25

MOCHA \$7.25

HOT CHOCOLATE \$7.25

KIDS HOT CHOCOLATE \$5.25

FLUFFY \$3.75

SINGLE ORIGIN FILTER \$4.5

LEMON, GINGER & HONEY \$6.5

ZEALONG TEA \$6

English breakfast, Green, Earl Grey, Peppermint, Lemon & Ginger

BOOZY HOT DRINKS

MULLED WINE \$14

HOT TODDY \$14

ANY ALLPRESS COFFEE OR
HOT CHOCOLATE WITH

THOMSON WHISKY \$15

CASHMERE CREME \$15

WINE

UNCOMMON BUBBLY ROSE
250ML CAN 12% \$15

UNCOMMON BUBBLY WHITE
250ML CAN 12% \$15

FRESH JUICES

GREEN \$12.5

Kale, spinach, celery, cucumber, apples, lime juice, ginger

RED \$12.5

Beetroot, red apples, carrots, ginger, orange juice

ORANGE \$12.5

Carrots, turmeric, orange juice, lemon juice

BASE
BAR