



TAKEAWAY MENU

TOASTIES

Sourdough or Gluten Free

2 FILLINGS \$10

3 FILLINGS \$12

- + Ham
- + Cheese
- + Tomato
- + Avocado
- + Chicken
- + Bacon
- + Fried Egg
- + Spinach

Added items +\$2

BACON & EGG BRIOCHE \$7

Brioche bun with a fried egg, bacon, spinach and pesto

HAM & CHEESE CROISSANT \$7

Add tomato

TOAST BY WOODFROG BAKERY \$8

Sourdough, Gluten Free or Fruit Loaf with preserves/ housemade jam

CHILLI SCRAMBLED EGGS \$18

With finely diced crispy bacon, fresh chilli, parmesan, coriander & chilli oil served on a slice of sourdough

SOUP OF THE DAY: ASK IN STORE

FROM THE FRIDGE

COCONUT & ALMOND MILK CHIA PUDDING \$13

Raspberry coulis, mixed berries & vanilla bean cashew cream
gf, df, v

Add granola & elderflower jelly

SUPER SALAD \$14

Sprouted brown rice, goji berries, turmeric pickled fennel, fresh & dried tomato, toasted coconut & seeds, served on rocket & macadamia cream
gf, df, v

- + Chicken \$5
- + Smoked Salmon \$6

RAINBOW VEGE BOWL \$19

Pickled red cabbage, avocado, kale, julienne carrots, edamame hummus, charred corn & heirloom tomatoes on broccoli rice with a poached egg
gf, df, v

- + Chicken \$5
- + Smoked Salmon \$6

SALAD OF THE DAY: ASK IN STORE

**TAKE HOME MEALS READY TO HEAT & EAT
(OR FREEZE) AVAILABLE FRESH IN STORE
DAILY. PLEASE CHECK FOR
ROTATING SELECTION!**