

ALL DAY BREAKFAST & LUNCH

HOUSE CASHEW BUTTER &

CINNAMON BIRCHER vg - df 15
banana, seasonal fruit, coconut flakes, maple syrup, homemade coconut yoghurt, granola

ORCHARD CRUMPETS v 14
mango compote, poached raspberry pear, seasonal fruit, maple sour cream, butter

EGGS ON TOAST gfo - dfo 10

EGG & BACON ROLL gfo - dfo 12
rocket, homemade chutney, parmesan

TURMERIC EGGS v - gfo 18
sautéed kale, feta, dukkah, poached eggs on rye sourdough

OMELETTE gfo 18
ham, tomato, red onion, spinach, potato, cheddar cheese on white sourdough

VEGAN BUDDAH BOWL gf - vg - df 18
pumpkin & sweet potato patty, beetroot relish, avocado, hummus, mixed lettuce, turmeric vegan mayo, olive oil, dukkah

GRÖNSAKER (GREEN THINGS) vg - dfo - gfo 17
sautéed kale, asparagus and broccolini, avocado, spinach, peas purée, za'atar, lime on rye sourdough

CHICKEN or FRIED HALOUMI SALAD gfo 18
roasted pumpkin, mixed lettuce, spinach, corn, tomato, red onion, mixed seeds, turmeric ranch dressing

BEETROOT CURED SALMON gfo 19
edamame beans, rocket, cucumber, fresh horseradish, dill sauce, lime on danish rye

CORN & SPINACH FRITTER v 18
tomato salsa, corn, sweet potato crisps, basil aioli, poached egg, sour cream

CHICKEN BURGER gfo 19
chicken breast, fried halloumi, grilled pineapple, tomato salsa, mixed lettuce, basil aioli with a side of sweet potato crisps

extras	avocado / fried tomato / garlic mushrooms / spinach / gf bread	3.5
even extra	spicy chorizo / vienna / bacon homemade baked beans / haloumi smoked salmon	4.5
sauce	chutney / aioli / turmeric vegan mayo	1

OPEN FLATBREADS

BREAKFAST dfo 19
bacon, poached eggs, tomato, cheddar cheese, aioli

CRISPY BACON dfo 19
rocket, parmesan cheese, sundried tomato, aioli

MUSHROOM vgo - v - dfo 19
spinach, red onion, feta, pine nuts, sticky balsamic

SWEDISH df 19
smoked salmon, spinach, capers, red onion, aioli, dill

VEGETABLE vg - df 19
rocket, roasted pumpkin, beetroot relish, hummus, olives, dukkah, turmeric vegan mayo

SWEDISH GOODNESS

MEATBALLS 20
creamy mash, gravy, pickled cucumber, lingonberry jam, dill

SWEDISH CREPES gfo 19
smoked salmon, spinach, red onion, capers, aioli, balsamic, mixed herbs

PYTT I PANNA gf 20
vienna sausage, bacon, potato, spinach, beetroot, red onion, fried egg

OPEN MEATBALL SANDWICH 17
rye sourdough, mixed lettuce, sticky balsamic, Swedish beetroot salad, pickled gherkin

SKAGEN gfo 19
creamy smoked salmon and prawn mixture, poached egg, mixed lettuce, radish, chives on polarbröd

SOMETHING SWEET

BABY PANCAKES gfo 6.5
butter, maple syrup, icing sugar

LEMON SUGAR CREPES gfo 11.5

BLUEBERRY JAM CREPES gfo 12.5
served with whipped cream

BUTTERMILK FAT PANCAKE v 16
maple sour cream, candied cashews, puffed rice, homemade raspberry jam, seasonal fruit (at least 20 mins)

HOT DRINKS

3.8 4.9 5.2 6.4
small / med / large / bowl

ORGANIC & FAIR TRADE COFFEE

long black / latte / capuccino / flat white /
piccolo / mocha / dirty chai
add syrups -
vanilla / caramel / hazelnut 1

CLASSIC HOT CHOCOLATE

SPICED DRINKS

chai latte
add -
spiced turmeric / beetroot / vegan chai .20

POT OF HOMEMADE CHAI 6

with ginger, honey, milk

GLOGG 5.5

hot spiced blackcurrant tea, ginger, cinnamon

ORGANIC LOOSELEAF 4.9

english breakfast / earl grey / chamomile /
green / peppermint / valhalla /
nordic berry / erik the red

MILKS

full cream / skim

or add -

soy / almond / zymil / coconut 1

COLD DRINKS

ICED DRINKS 6

iced coffee / chocolate / mocha / chai
frappe coffee / mocha / chocolate / chai

MILKSHAKES 6

vanilla / chocolate / banana / caramel / chai

ICED TEAS 6.5

STRAWBERRY + BASIL

nordic berry tea, raspberry cordial, fresh
strawberries, basil

LEMONGRASS + GINGER

green tea, fresh ginger, fresh lemon,
lemongrass, ginger & lemon cordial

PEACH + ROSEMARY

black tea, orange & peach wedges, rosemary,
peach syrup

SMOOTHIES

BREAKFAST vg 9

banana, dates, peanut butter, maple syrup,
almond milk
topped with coconut, flaked almonds, chia

BLUEBERRY BANG vg 9

blueberry, kiwi, banana, apple, coconut water
topped with kiwi, chia, edible flower

IMMUNITY vg 9

mango, spinach, mint, ginger, lemon, coconut
water, spirulina
topped with fresh raspberry, mint, orange

SUNSHINE SMOOTHIE BOWL 13

pineapple, peach, mango, coconut water
smoothie topped with goji berries,
seasonal fruit, shredded coconut vg - gf - df

FRESH JUICES

REFRESHER 8.5

apple, cucumber, celery, lemon, ginger, mint

KICKSTART 8.5

orange, carrot, lemon, ginger, turmeric

PINK LADY 8.5

apple, watermelon, cucumber, raspberry,
mint, dash of raspberry cordial

MAKE YOUR OWN

apple	celery	ginger
orange	cucumber	lemon
carrot	spinach	turmeric
watermelon	mint	

GOODIE !!

we only provide free range chicken & eggs /
homemade bread & pastries

WE'VE GOT YOUR BACK

(gf) GLUTEN FREE

(gfo) GLUTEN FREE OPTION

(v) VEGETARIAN

(vg) VEGAN

(vgo) VEGAN OPTION

(df) DAIRY FREE

(dfo) DAIRY FREE OPTION

KEEP IN MIND

Kitchen closes by 3pm / 10% surcharge on public
holidays / Only minor alterations on weekends &
public holidays.

Food & drink may contain traces of Nuts, Seeds,
Gluten, Fish, Meat and Dairy. Please let our friendly
staff know of any dietary requirements and we will
try our best to satisfy your cravings.