



create. eat. drink. listen. laugh.

TAKEAWAY MENU

TOASTED CIABATTA (DF) (GF AVAILABLE ON REQUEST)

w/ house made jam, Vegemite, crunchy peanut butter, local honey or nutella 10.0

w/ 2 eggs of your choice 13.0

AVOCADO SMASHED 20

(DF + VEGAN) (GF AVAILABLE ON REQUEST)

fresh red onion, roasted garlic, corn, lemon juice & fresh herbs
on toasted ciabatta

w/ 2 eggs of your choice 27

TAKEAWAY WRAPS (NDF)(NGF) 14

Local free - range bacon, fried egg, baby spinach & smokey bbq sauce

Roasted truffle & garlic mushroom, avocado, mozzarella, baby spinach
& chive creme friache

EGGS BENEDICT (NDF + GF AVAILABLE ON REQUEST)

w/ local free-range bacon 23

w/ honey + soy Tasmanian salmon 25.5

w/ roasted truffle & garlic mushrooms 21

HAM & JALAPENO TOASTIE (NDF + NGF) 18.5

Sun Valley double smoked ham, Spanish red peppers,
jalapenos, mozzarella & tomato chilli jam

ROASTED MUSHROOMS ON CRUMPETS (NDF + GF AVAILABLE ON REQUEST) 24.5

roasted truffle & garlic mushrooms, rocket, chive creme fraiche
on toasted 'Jeremiah's Crust' sourdough crumpets

HONEY + SOY TASMANIAN SALMON POKE BOWL (GF + DF) 27

brown rice, wakame, edamame, avocado, crispy shallots,
honey + soy Tasmanian salmon & ginger, miso + tahini dressing

CANADIAN CREPE (NDF + GF AVAILABLE ON REQUEST) 21

local free-range bacon, fresh banana, maple syrup GF 23

HAM CREPE (NDF + GF AVAILABLE ON REQUEST) 22

Sun-Valley double smoked ham, baby spinach, mozzarella,
smokey BBQ sauce & a fried egg GF 24



create. eat. drink. listen. laugh.

TAKEAWAY MENU

MUFFINS BAKED DAILY (NGF + NDF)	8
please ask our staff for our chefs daily choice, served w/ house made jam & Chantilly cream	
DOUBLE CHOCOLATE BROWNIE (GF)	8
please ask our staff for our chefs daily choice, served w/ house made jam & Chantilly cream	
GINGERBREAD LOAF (NGF + NDF)	14
toasted gingerbread, pistachios, local honey & mascarpone	
LEMON & SUGAR CREPE (NDF + GF AVAILABLE ON REQUEST)	17
market fresh lemon, rapadura sugar & Chantilly cream	GF 19
NUTELLA CREPE (NDF + GF AVAILABLE ON REQUEST)	20
Nutella, fresh strawberries, toasted macadamias & Chantilly cream	GF 22
SALTED PEANUT & BANANA CREPE (NDF + GF AVAILABLE ON REQUEST)	21
fresh banana, salted peanuts, caramel sauce & mascarpone	GF 23

EXTRAS

HONEY + SOY TASMANIAN SALMON	8.5
LOCAL FREE-RANGE BACON, SUN-VALLEY DOUBLE SMOKED HAM	7.5
ROASTED TRUFFLE & GARLIC MUSHROOMS, AVOCADO	6
HOLLANDAISE, GINGER MISO + TAHINI DRESSING, FRESH OR SAUTÉED BABY SPINACH,	
HALOUMI, MOZZARELLA, FRESH STRAWBERRIES, BANANA	4.50
1 EGG, SMOKEY BBQ SAUCE, CHANTILLY CREAM, CARAMEL SAUCE	3.5
1 SLICE TOASTED CIABATTA	3.0



create. eat. drink. listen. laugh.

HOT DRINKS

COFFEE BY 'KAI COFFEE'

BLACK COFFEE - SINGLE ORIGIN OF THE WEEK

long black 5/6 espresso 4.5
short macchiato 5 long macchiato 5.5

COLD COFFEE

cold drip coffee served black over ice 6
iced latte 5/6
iced dirty chai 6.5
iced long black 5/6 (top up with coconut water 6/7)
iced coffee/iced mocha (served w/ cream & ice-cream) 8
vietnamese iced coffee 6.5/7.5
(cold drip coffee served over ice w/ condensed milk)

WHITE COFFEE - ARROW BLEND CUP/MUG/BOWL

flat white|latte|capp 5/6/7
mocha 5.5/6 piccolo 5
soy|almond milk|coco milk|oat milk
lactose free|decaf|syrops 70c

HOT DRINKS CUP/MUG

chai latte 5/6
masala blend fresh sticky chai 6/6.5
hot chocolate 5/6
matcha green tea latte 6/6.5
dandelion latte 6/6.5
nutella hot chocolate 6/7

THE GOLDEN CHAI 6/6.5

chai spices mixed w/turmeric, ginger & cinnamon brewed on soy milk

LIGHT MY FIRE

tumeric, honey, coconut milk 6/6.5

CLASSIC TEAS - POT FOR 1 \$5 POT FOR 2 \$10

earl grey, english breakfast, peppermint, green tea

ORGANIC HERBAL TEA by ALIKA CO hinterland teas

HINTERLAND HEART

rooibos, fennel, cacao nibs + apple

NATIVE ZEST

lemon myrtle, lemon peel, orange peel, cinnamon bark + black pepper

COLD DRINKS

FRESHLY SQUEEZED JUICES 10

MADE USING THE BEST QUALITY PRODUCE WE CAN SOURCE

PINK BLUSH

watermelon, pineapple, cucumber, lemon

WAKE UP

carrot, apple, orange, ginger

VELO OJ

100% orange

SMOOTHIES 12

BERRYLICIOUS (DF)

blueberries, raspberries, mango, coconut ice cream & coconut water

DEEP GREEN (DF)

banana, mango, Deeto greens powder, spinach, dates, hemp seeds & coconut water

SUNNY DAZE (DF)

banana, cashews, dates, peanut butter, coconut icecream & oat milk

ADD EXTRA:

VEGAN PROTEIN POWDER \$2

DEETO GREENS POWDER \$2

(spirulina, lemon juice, broccoli sprout, wheat grass, matcha, st. mary's thistle, monk fruit extract, jerusalem artichoke)

DEETO BLOOM POWDER \$2

(beetroot, cacao, maca, mesquite, cinnamon, gotu kola + siberian ginseng)

ICED TEA OF THE DAY 6.5

STILL WATER 4.5. SPARKLING WATER 500ML 6

NATURAL COCONUT WATER 5.5 COKE 4.5

ORGANIC GINGER BEER

ORGANIC LEMONADE/ORGANIC LEMON, LIME & BITTERS 5

BOTTLED LOCAL KOMBUCHA 6.0

ICED CHOCOLATE 7.5

MILKSHAKES 7

STRAWBERRY, CARAMEL, CHOCOLATE, VANILLA