

Food Menu

SOMETHING SWEET

Assorted Cookies 5.5

Nana Bread 6.0

Ask our friendly staff to toast this for you.

Sticky Date Carrot Cake 6.0

OG Sea Salt Choc Brownie 6.0

OG Raspberry Brownie 6.0

Products above are all made in SA by Chlo's Vegan Club, all (GF) (VG)

SOMETHING SMALL

Granola Bowl 12.9

Granola of the month served with your choice of coconut or dairy yoghurt and seasonal fruit. (vgo)

Just toast! 7.9

Artisan bread toasted with your choice of topping - butter, vegemite, jam, honey or peanut butter. (vgo gfo)

SMOOTHIES + BOWLS

Thick and creamy, just the way we like it

Make me a bowl (+4.0) served with fresh seasonal fruit and granola.

Berry Bomb 8.9

Banana, mixed berries, honey (optional) and oat milk. (vgo)

Mango Moves 10.50

Banana, mango, passionfruit, coconut yoghurt and coconut milk. (vg)

Green Glow 10.5

Banana, spinach, apple, avo, lime and coconut milk. (vg)

Choc-Obsessed 9.9

Banana, cacao, maple syrup and oat milk. (vg)

Power Moves 10.9

Banana, oats, *Prepd recovery* (choc or vanilla), nut butter and oat milk.

Try adding

Oats	1.0
Chia seeds	1.0
Superfood	2.0
Pea protein	2.0
<i>Prepd recovery</i>	2.0
Nut butter	1.5
Coco yoghurt	1.5
Dairy yoghurt	1.5

SOMETHING TO SHARE

Dip & Dunk Dukkah 13.9

Fresh bread served with house-made dukkah and olive oil. (vg)

Classic Nibbles 28.9

Assorted plant-based cheeses with a variety of nuts, dried fruit and crackers. (vg)

The Happy Jar

vg = vegan, vgo = vegan option available, gfo = gluten free option available, all meals are vegetarian

Kitchen closes at 3pm



Food Menu

BAGELS

Made with locally baked Barossa Bagels

Choose your bagel: plain, poppy seed, sesame seed, GF (+1.5) or fruit and cinnamon (+1.5)

Plain Jane 8.9 Just how you like it with your choice of butter, jam, Vegemite. (vg)	Go Nuts 11.9 Seasonal berries and your choice of nut butter. (vg)	The OG Avo 13.9 Smashed avo with everything bagel seasoning. (vg)
Smooth & Zingy 11.9 Cream cheese, lemon zest and dill. (vgo)	Classic Smash 14.9 Smashed avo, fresh tomatoes and local Beerenberg tomato relish (vg)	Afternoon Tea 9.9 Cinnamon raisin bagel with choice of cream cheese, butter jam (vgo)

SALADS

Served on a base of mixed leafy greens

The Meditteranian 14.9 Marinated chickpeas and cous cous with maple roasted pumpkin, eggplant & bell pepper with creamy pesto (vgo).
Black Bean Cob 14.9 Spiced black beans, corn and brown rice with fresh tomato & lime salsa & vegan chipotle (vg)

TOASTIES

All served on fresh artisan bread with your choice of vegan cheese or dairy cheese, grilled to perfection

Easy Avo 11.9 Grilled cheese with fresh tomato, avocado and red onion. (vgo)	Ultimate Veggie 15.9 Maple roasted pumpkin, eggplant & bell pepper with creamy pesto and grilled cheese. (vgo)	Try adding
HCT 12.9 Faux ham, grilled cheese, tomato and red onion. (vg)	Chilli Cheese 15.9 Spiced black beans with avo, fresh tomato salsa and grilled cheese. (vgo)	Drizzl chilli oil 0.5
		Beerenberg relish 1.0
		Basil pesto 1.0
		Sweet mustard 1.0
		Extra cheese 1.5
		Pickles 1.5
		1/2 Avo 3.0
		Full avo 5.0
		GF 1.5

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