

# Menu



{gf} - gluten free  
{n} - contains nuts  
{v} - veg

all of our eggs come from free range hens

## Sandwiches 10am - close

### Omega 3 Bap 47 {df} {n}

multi seeded bap with harissa cashew nut spread, sous vide chicken, cucumber pickles, alfa sprouts and iceberg lettuce

### Crispy Scampi Bahn Mi 65

french baguette, panko crumbed prawns, gochujang aioli, boston lettuce, herbs, chili slaw, vietnamese dressing, chives shallot crisps

### Common Cuban Reuben 59

brioche panini, smoked beef brisket, peppered pastrami, melted swiss cheese, chili pickled cabbage and aioli

## Buddha Bar

For the yogis in all of us

**H2o** small 14 / large 20  
still or sparkling

### Avantcha Tea Selection

Organic English Breakfast 18, Majestic Earl Grey 18  
Rose White 22, Peach and Pear 22, Moroccan Mint 18  
Golden Assam 22, Chamomile Cooler 18, Sencha 22,  
Organic Ginger Breeze 18

### Happy Henry's Simply Sublime Iced Teas

Lemongrass, ginger, mint, green tea 24

### Holy Trinity

Chai Latte 24, Matcha Latte 24, Golden Latte 24

### Seasonal Juice Blends

**Ginja Ninja** - carrot, ginger, mandarin, orange 29  
**Ruby Ruby** - watermelon, strawberry, grapefruit 29  
**Gypsy** - celery, kiwi, pineapple, apple 29

### Plain Jane Juices

Seville Orange 26  
Green Apple 26  
Lemon Mint 25  
Straight Up Coconut Water 15

### Your Body is a Temple - 40 ml Elixirs

**Kickstart** - ginger, lemon, turmeric 16  
**Cleanse** - aloe vera, apple cider 16

### Smoothie Goals

**The Beast** - moringa, spirulina, kale, kiwi, avocado, honey, green apple 35

**Queen Bee Returns** - cacao nibs, cocoa powder, coconut milk, macadamia, banana, organic rice protein 35

**Glory** - strawberry, dates, chia, baobab, cashews, acai almond milk 36

**Add Extra** Organic Rice Protein 12, Moringa 15, Baobab 15  
Spirulina 15, Acai 15

### Naughty Corner

For the days when adulting is just too hard

**Fentimans Old Fashion Fizzy Soft Drinks**

Organic Cola 25

Victorian Lemonade 25

Mandarin Jigger 25

Rose Lemonade 25

### The Jimmy Fondre Magical Cola Ride

All the berries, mint, cola, lemon 25

### Milton's Favourite Milkshakes

**Salted Caramel** - caramel, himalayan pink sea salt 27

**Snickers Kicker** - peanut butter, choco fudge 27

**Strawberries and Unicorns** - strawberry, white choc 27

**Plain** - vanilla, chocolate or strawberry 27

## Cakes & Desserts

### Plain Croissant 10

Our signature recipe, the lightest butteriest, flakiest croissants in town

### Cheesy Croissant 14

A savoury croissant layered with two cheeses

### Almond Croissant 14 (n)

Syrup-soaked croissant, filled with almond cream and topped with toasted flaked almonds

### Matcha Croissant 14

For green tea lovers, filled with velvety-smooth matcha cream

### Pain Au Chocolat 12

Our version of a classic French staple

### Lemon Meringue Danish 14

Lemon mascarpone cream, topped with torched meringue

### Spinach & Ricotta Danish 15

Barberry-spiked creamy ricotta and spinach

### Vanilla & Honeycomb Donut 15

Filled with vanilla bean cream and honeycomb candy, dusted with cinnamon sugar

### Salted Caramel & Dark Chocolate Donut 15

Filled with salted caramel cream, topped with dark chocolate glaze and shaved milk chocolate

### Lemon Cheesecake Donut 15

Filled with lemon cheesecake cream and dipped in a sour cream glaze, topped with candied lemon and biscuit crumble

### Toasted Marshmallow Sandwich 14

Chocolate fudge cookies filled with a squidgy toasted marshmallow, dipped in dark chocolate

### Raspberry & Rose Éclair 18

Raspberry rose filling, white chocolate glaze and fancy gold leaf

### Dark Chocolate & Hazelnut Éclair 18 (n)

Seriously dark chocolate and hazelnut filling, topped with more dark chocolate and candied hazelnuts (n)

### Chocolate Lamington 15 (n)

Chocolate sponge rolled in coconut filled with jam and cream

### Raspberry Ruffle Bar 15 (gf) (d)

Raspberry coconut filling, coated in chocolate

### Gluten-Free Brownie 15 (n) (gf) (d)

Classic brownie with a perk... no gluten

### Chia Bar 15 (n) (gf) (d)

Date caramel on an almond base, with a chocolaty coating

### Pina Colada Cronut 18

Flaky, buttery fried dough, filled with pina colada cream

### Fraser Cronut 18

Flaky, buttery fried dough, filled with strawberry