


BAGELS.

INSPREADIBLE  9.0

Plain • Cream cheese & jam • Pic's peanut butter & jam • Honey • Pesto & cream cheese mix.

AVO RANCH CHICKEN  16.0

Chicken • Avo • Ranch dressing • Greens • Tomato • Pickled red onion.

Vegan chick*n option available.

B.L.A.T  16.0

Streaky bacon • Greens • Avo • Tomato • Aioli • Chilli jam.

SALMON DELUXE  16.0

Smoked salmon • Cream cheese • Greens • Capers • Pickled red onion.

BACON & EGG BENE BAGEL  16.0

Fried egg • Streaky bacon • Greens • Hollandaise • Swiss cheese • Chilli jam.

HOT HONEY HALLOUMI  15.0

Grilled halloumi • Greens • Tomato • Whipped cottage cheese • Hot honey • Cucumber.

SUPER GREENS  15.0

Avo • Greens • Cucumber • Pesto • Pickle • Aioli.

EXTRAS.

AVOCADO 4.0 • BACON 4.0 • FRIED EGG 3.0 • HALLOUMI 6.0 • SALMON 6.0

GFI BAP 1.5 • KETO BAP 2.0

Everything we make instore may have come into contact with other products in our shared kitchen. If you're ultra-sensitive to any allergens, please let us know and be extra careful.

ALLDAY.

TROPICAL SMOOTHIE BOWL ●●●●N 14.0

Coconut yoghurt • Mango • Passionfruit • Pineapple juice • Coconut granola.
Add - Protein powder 2.0

CHEESECAKE LOADED CROISSANT 16.0

Lemon curd • Berry compote • Mascarpone • Crumble.

SUMMER CRUMBLE PANCAKES 16.0

Apricot & peach crumble • Berry compote • Whipped cream • Lemon curd.

SCRAMBLED EGGS ■ 16.0

Served on sourdough toast • Add - Bacon 4.0 • Halloumi 6.0 • Salmon 6.0

HOT HONEY HALLOUMI QUESADILLA ●● 16.0

Mexi rice • Cheese • Chilli jam • Sour cream.

SMASHED AVO ON SOURDOUGH ●■● 16.0

Whipped cottage cheese • Greens • Pickled red onion • Toasted seeds.

EXTRAS.

AVOCADO 4.0 • BACON 4.0 • FRIED EGG 3.0 • HALLOUMI 6.0 • SALMON 6.0

DIETARIES.

● GLUTEN-FREE INGREDIENTS ● VEGAN ● DAIRY-FREE ● EGG-FREE

N CONTAINS NUTS ■ GLUTEN-FREE INGREDIENTS OPTION

■ VEGAN OPTION ■ DAIRY-FREE OPTION ■ EGG-FREE OPTION