

BAGELS.

INSPREADIBLE 10.0

EF • GFIO • VO • DFO

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

CRISPY CHICKEN & AVO 17.0

DF • VO

Crispy chicken • Avo • Tomato • Greens • Pickled red onion • Aioli.

B.L.T 16.0

DF • EF • GFIO

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

SALMON DELUXE 16.0

EF • GFIO • DFO

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

BACON & EGG BENE BAGEL 16.0

GFIO

Fried egg • Streaky bacon • Seasonal greens • Hollandaise • Swiss cheese • Chilli jam.

HALLOUMI & POMEGRANATE 16.0

EF • GFIO

Grilled halloumi • Seasonal greens • Tomato • Pomegranate • Pickled red onion • Aioli.

5+ BREKKIE BAGEL 16.0

V • DF • EF • GFIO

Grilled pesto mushroom • Hashbrown • Seasonal greens • Tomato • Avo • Gherkins • Chilli jam
Chiptole Aioli.

EXTRAS.

Bacon 4.0 • Fried egg 3.0 • Salmon 6.0 • Halloumi 6.0 • Crispy chicken 6.0 • Avo 4.0

*GFI Bap 1.5 • Keto Bap 2.0

*Our GFI Bap & Keto Bap contain eggs & dairy

ALL DAY.

PROTEIN SMOOTHIE BOWL 14.0

GFI • EF • N

Greek yoghurt • Berries • Cottage cheese • Protein powder • Granola.

YUZU FRENCH BRIOCHE 16.0

Honey butter brioche • Lemon cheesecake mascarpone • Yuzu drizzle • Berries.

VERY BERRY PANCAKES 16.0

Boysenberry mascarpone • Berries • Strawberry drizzle.

SCRAMBLED EGGS 16.0

GFIO

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

KETO EGGS BENE 17.0

GFI • N

Choose salmon, bacon or halloumi.

SMASHED AVO 16.0

V • DF • EF • GFIO

Sourdough • Avo • Seasonal greens • Toasted seeds • Beetroot hummus • Pickled red onion.

EXTRAS.

Bacon 4.0 • Fried egg 3.0 • Salmon 6.0 • Halloumi 6.0 • Crispy chicken 6.0 • Avo 4.0

DIETARIES

GFI - GLUTEN-FREE INGREDIENTS | V - VEGAN | DF - DAIRY FREE | EF - EGG FREE
N - CONTAINS NUTS | GFIO - GLUTEN-FREE INGREDIENTS OPTION | VO - VEGAN OPTION
DFO - DAIRY-FREE OPTION | EFO - EGG-FREE OPTION

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.