



BRUNCH 9:00AM - 2:30PM



SMASHED AVO \$18.50

Channah masala chickpeas, tangy curry dressing, seed dukkha, rocket on toast

TOFU SCRAMBLE \$19.50

Soy dijon sauce, mushrooms, fresh rocket, served on toast

WILD MUSHROOMS \$18.50

Zesty herbed almond Fetta, herb & rocket salad, radish, nasturtium

BIGGEST BREAKFAST \$23.50

Thyme mushrooms, hash brown, tofu scramble, baby spinach, Beyond sausage, confit cherry tomatoes, jalapeño relish served with toast

PEA & HERB TOAST \$17.50

Dressed garden peas, almond fetta, balsamic reduction, topped with fresh herbs and parmesan served on toast

PANCAKES \$18.50

Seasonal fruit, toasted coconut, coconut syrup, served with coconut labneh or house made ice-cream

CRUNCHY GRANOLA \$14.50

House made fruit & nut granola seasonal fruit, coconut yoghurt served with hot or cold milk

BREAD OPTIONS \$3

Gluten free

EXTRAS \$5

Smashed avo, jalapeño relish, mushrooms, baby spinach, confit tomato, Beyond sausage, hash brown

LUNCH FROM 11:30AM - 2:30PM



AMERICAN CHEESEBURGER \$19.95

V-Burger, cheese mustard, ketchup, mayo, lettuce, onion, tomato, pickle. Add fries +\$5

SOUTHERN FRIED MUSHROOM BURGER \$18.50

Spiced crumbed mushroom, lettuce, pickle slaw, Spicy mayo on a sourdough bun. Add fries +\$5

CHICKPEA & LENTIL BURGER \$18.50

Romesco mayo, iceberg lettuce, red onion, grilled capsicum, fresh herbs on a sourdough bun

ROMESCO ROAST CAULIFLOWER \$17.50

Preserved lemon, olive & pearl barley salad, confit cherry tomatoes

BEETROOT TARTARE \$17.50

Served with horseradish cashew cream, cos lettuce, fresh herbs, rye croutons

MUSHROOM GNOCCHI \$22

Home made gnocchi, pan-fried wild mushrooms garden peas & asparagus in a mushroom broth

LOST DELI DOG \$13.50

Beyond Sausage, jalapeño relish, sauerkraut, caramelised onion, mustard, cheese, BBQ Sauce

EXTRAS \$11

Chips celery salt, aioli
Herb & leaf salad with raspberry shallot vinaigrette

Kitchen Opening Hours
Tues - Fri 7:30am - 2:30pm
Sat - Sun 9:00am - 3:00pm

DESSERTS



CHOCOLATE & ORANGE MOUSSE \$16.50

Cashew & date crumb, maple honeycomb, orange syrup

COCONUT & CARDAMOM SORBET \$16.50

Pistachio praline, seasonal fruit, coconut caramel sauce

G/F CHURROS WITH CHOC DIPPING SAUCE \$13.50

3 Churros, choc dipping sauce & coconut Ice-Cream

CAKES

A great selection of cakes available in the cake fridge

JUICES & SMOOTHIES



ORANGE SM \$7.5 LG \$9.5

MINT REFRESHER SM \$7.5 LG \$9.5

Cucumber, apple, mint, spinach, lemon

BREKKY JUICE SM \$7.5 LG \$9.5

Apple, celery, carrot, ginger, spinach

SUNSHINE COAST SM \$7.5 LG \$9.5

Melon, pineapple, apple, lemon

CREATE YOUR OWN SM \$7.5 LG \$9.5

Seasonal fruit

PEANUT BUTTER SMOOTHIE SM \$7.5 LG \$9.5

Peanut Butter, banana, ice-cream, dates, almond milk

SELECTION OF COLD DRINKS FROM DRINK FRIDGE

Kombucha, Teza Iced Tea, Yuzu from Japan



ALL DAY SNACKS 9:00M - 2:30PM

PIZZA	\$16.50
Veggie pizza with salad or small fries	
HOUSE MADE PIE	\$16.50
House pie with sauce, chips & salad	
FLATBREDS	\$16.50
Flatbread with salad of the day	
GLUTEN FREE FLATBREAD	\$17.50
House made G/F flatbread with salad	
CHEESE & TOMATO CROISSANT	\$16.50
Toasted cheese & tomato croissant & salad	
TRIANGLE PASTRY	\$16.50
House made spinach & ricotta & Salad	

KIDS MENU

BURGER SLIDERS & FRIES	\$13.50
2 mini burger sliders with small fries Choice of mushroom, chickpea, beyond meat pattie	
LOST DELI DOG & FRIES	\$13.50
Hot dog bun with side of fries	
KID SIZE TOFU SCRAMBLE & HASH BROWN	\$13.50
Kids tofu scramble on toast with hash brown	
KIDS SIZE PANCAKE	\$13.50
Gluten free pancake with fruit, ice-cream, coconut syrup	

DRINKS

ESPRESSO	\$3.5	
COFFEE	SM \$4.5	LG \$6.5
Latte, Flat White, Cappuccino, Macchiato, Long Black		
HOT CHOCOLATE	SM \$4.5	LG \$6.5
Milk Hot Chocolate, Chilli Hot Chocolate		
ICED	SM \$4.5	LG \$6.5
Iced Coffee, Iced Chocolate		
ICED WITH CREAM	SM \$6.5	LG \$8.5
Iced Coffee or Iced Chocolate with cream		
AFFOGATO		LG \$8.5
Ice-cream with a fresh espresso shot		
CHAI LATTE	SM \$4.5	LG \$6.5
Vanilla Chai, Dirty Chai		
ICED CHAI	SM \$5.5	LG \$7.5
Iced Chai, Iced Dirty Chai		
MILKS AVAILABLE (PLEASE SPECIFY)		
House Blend Almond & Soy Almond, Oat, Coconut, Soy		
HERBAL TEAS		TEAPOT \$6.5
English Breakfast, Peppermint, Earl Grey, Lemongrass, Green Gunpowder, Green Tea & Jasmine, Masala Chai, Lemongrass & Ginger.		
Served in Teapot with large mug or cup. Please specify if milk required		

TAKEAWAY PRICES ONLY

ARANCINI (WHEN AVAILABLE)	\$6
HOME MADE PIES	\$8
FLATBREADS	\$12
GLUTEN FREE FLATBREAD	\$13
SALADS SMALL	\$12
SALADS LARGE	\$14
SPINACH & RICOTTA TRIANGLES	\$8
PIZZA	\$12
CHEESE & TOMATO CROISSANT	\$10
PASTRY TRIANGLES	\$8
LOST DELI DOG	\$12.5
HAMBURGERS	\$18.50
SMALL CHIPS	\$5
LARGE CHIPS	\$8