

Banana Buzz 9

Banana, honey, cinnamon, coconut yoghurt, milk

Berry Delicious 9

Strawberry, raspberry, blueberry, pineapple, milk

Green Goblin 9

Pear, kiwi, spinach, greens powder, coconut water

Likuid Day Maker 9

Double shot coffee, espresso ice cream, almonds, protein powder, milk

Likuid Gold 9

Peanut butter, cacao, dates, banana, honey comb ice cream, milk

Choose Your Milk

Full Cream

Skim

Soy

Almond

Coconut

Lactose Free

Swap Ice Cream for Nice Cream (Dairy Free)

Salt & Vinegar SA Calamari GF 18

Local SA calamari, fries, fine greens, citrus aioli, lemon.

CBD Burger GFO 17

Cheese, bacon, beef patty, crunchy onion rings, tomato chutney on a milk bun with spiced pickle and side of fries.

Fried Chicken Burger GFO 16

Fried chicken, tomato, cucumber, lettuce, chipotle aioli on a milk bun with spiced pickle and side of fries.

Chargrilled Moroccan Chicken GF 16

Chargrilled Moroccan chicken, with fresh salad and polenta chips.

Seared Tuna GF 19

Seared tuna steak, with fresh salad and polenta chips.

All Day Display

Browse the display cabinet for fresh wraps, salads, sandwiches, baked goods, soups, curries and more...

GF = Gluten Free GFO = Gluten Free Optional

Eggs on Toasted Sourdough V, GFO	9
Two free range eggs your way on toasted sourdough.	
Bacon & Eggs on Toast GFO	12
Crispy bacon, two free range eggs your way, toasted sourdough with tomato relish.	
Smashed Avocado V, GFO	13
Beetroot whipped feta, blistered cherry tomato, alfalfa, toasted walnut macadamia crumble on sourdough.	
Add 2 eggs your way...	16
Omelette & Toast GFO	14
- Vegetarian <i>Pumpkin, mushroom, caramelised onions, cheese, spinach</i>	
- Carnivore <i>Smoked bacon, prosciutto, caramelised onions, cheese</i>	
Big Brekkie GFO	19
Thick cut bacon, chorizo, mushrooms, eggs your way, smashed avo, cherry tomatoes & sourdough.	
Eggs Benedict GFO	16
Poached free range eggs, house hollandaise, spinach on sourdough, with choice of leg ham or smoked salmon	
Toast & Spreads GFO	6
Choice of breads (sourdough, rye, GF white) with choice of toppings (butter, vegemite, strawb jam, peanut butter, avo)	

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