



BREAKFAST (All Day)

The Hangover II (Vegan) Toasted damper roll with smashed avocado, grilled field mushroom, hash brown, lemon kale, layer of hummus, house-made beans & vegan aioli (Add Fried egg for \$2, Add Bacon (1) for \$3, Add \$2 extra for GF bread) \$18.50

Big Balls Benny (GF option) Sonoma sourdough with smashed avocado, baby spinach & bacon, topped with two poached eggs & house made hollandaise (swap bacon for smoked salmon \$2, Add \$2 extra for GF bread) \$18.50

Captain Caveman aka **Paleo Bowl** – (GF) Two Poached Eggs, Sesame Crusted Avocado, Roasted Truss Cherry Tomatoes, Wild Mushrooms & Crispy Bacon (Add Halloumi for \$4 or Add Lemon Kale \$3) \$18.50

Hanky sPanky – (Vegan) 3 Stack Rich Chocolate Pancakes. These guys are stacked high with vanilla cashew cream, strawberries & crushed pistachios. Finished with an orange & maple syrup (Add Hash Brown \$2) \$17.50

Breakfast of Jerks – Jerk cauliflower atop of sourdough, smeared with a zesty beetroot spread, lemon kale, and spicy aioli (Add Bacon (2) \$5, Add Hash Brown \$2) \$17.50

The Avolanche (V & GF option) Sonoma sourdough smeared with smashed avocado, topped with roasted truss cherry tomatoes & crumbled Danish Feta (Add Bacon (2) \$5, Add Mushrooms \$4.00, Add \$2 extra for GF bread) \$16.00

The Usual Suspect (GF option) Sonoma sourdough, two eggs (cooked to your liking), bacon & our house made tomato relish (Add Mushrooms \$4, Add Halloumi Add \$2 extra for GF bread) \$16.50

Smoothie Bowls

Mango Tango – Mango, banana, peach, passionfruit, and maca powder. Blitzed on coconut water and served with granola, summer fruits and seeds \$17.50

Purple Haze – Açai, blueberries, banana, dates, maca powder and peanut butter. Blitzed on almond milk and served with granola, summer fruits and seeds. \$17.50

10% Sunday & Public Holiday surcharge applies

We are BYO



LUNCH (After 11am)

Skinny Love – (Vegan, GF) Roasted butternut pumpkin and beetroots, heirlooms tomatoes, rocket, baby spinach, walnuts, avocado, basil and mint tossed through a balsamic reduction and finished with fried shallots & sunflower seeds. \$16.50

3 Amigos – (GF) 3 Fish Tacos served with whiting, North Queensland's finest pineapple, pico de gallo, fresh slaw, guacamole, cilantro & lime. \$18.50

Big Bad Brisket– (GF option) Beef brisket burger slow cooked for 12 hours in the onions secret spices. Pulled apart and tossed through a Kansas inspired BBQ sauce. Served on a brioche roll with fresh slaw and swiss cheese (Add \$2 extra for GF bread) \$18.50

Vegan Brisket – (Vegan GF option) Eggplant brisket burger slow cooked for 12 hours in the onions secret spices. Pulled apart and tossed through a Kansas inspired BBQ sauce. Served on a soft damper roll with fresh slaw (Add \$2 extra for GF bread) \$18.50

Chilly Willy Chickn – (GF option) Crunchy crumbed chicken thigh fillet burger, cos lettuce, bacon, sweet potato & chipotle aioli (Add \$2 extra for GF bread) \$17.50

The V-Gasm (Vegan & GF option) A Vegan Burger with smoked mushroom, hemp seed & black bean patty, smashed avocado, hummus, beetroot relish, cos lettuce, sliced tomato, 'Six String pickled vegetables', alfalfa sprouts with hemp seed aioli, served on a soft damper roll served with Sweet Potato Wedges (Add \$2 extra for GF bread) \$18.50

The Toasted Traveller Check out our specials board or ask us for this week's ultimate toasted sandwich served with chips. \$15.50

Good Sidekicks

Hash Brown \$2	Mushrooms \$4	Avocado (Seasonal) \$5	Beans \$3	Halloumi \$4
Bacon (2) \$5	Lemon Kale \$3	Extra Eggs \$4	Roasted Truss Tomatoes \$4	
Tomato/BBQ Sauce 50c	Hemp Seed Aioli 50c	Tomato Relish 50c	Extra Hollandaise \$1	

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RAD LIGHT SNACKS & BEAUTIFUL SWEETS

Little Human Vegan Choc Pancake – served with 2 beautiful sweet sides	\$9.50
Sweet Potato Wedges - dusted with rosemary salt and served with a duo of sauces	\$11.50
Plain Croissant	\$6.50
Ham & Cheese Croissant	\$8.50
Tomato & Cheese Croissant	\$8.50
Almond Croissant	\$8.50
Banana Bread	\$6.50
Walnut & Raisin Toast	\$6.50
Vegan House-made Muffins	\$5.50
HARA Raw Vegan & GF Desserts	\$8.00
Big Fat Vegan Cookies	\$4.50
Vegan Donuts/Cupcakes/Rocky Road	\$5.50 - \$6.00
RAW Bliss Balls	\$4.50
Rocksteady Chocolate Brownie (GF) – served with Coconut Yogurt & Maple	\$8.50
The Nutty Blonde Brownie – served with Coconut Yogurt & Maple	\$8.50

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COFFEE

Espresso		\$3.50
Macchiato, Piccolo Latte		\$4.00
Flat White, Latte, Cappuccino, Long Black, Mocha	Reg	\$4.00
Hot Chocolate, Chai Latte	Lrg	\$4.50
Organic Lattes - Blue Dream, Gypsy Rose,	Reg	\$5.00
Golden State Turmeric or Shroom Brew	Lrg	\$5.50
Matcha Green Latte, Vanilla Matcha Latte		
Iced Latte : Fresh espresso shot over cold milk and ice	Reg	\$4.00
Iced Chai : Sweet spiced chai served over ice	Lrg	\$4.50
Iced Long Black		
Cold-Drip : Single origin cold brew coffee over ice		\$5.00
Coco Cold-Drip : Single O Cold-Drip served over ice w/coconut water		\$7.00
Coffee extras : Extra shot / Decaf / Sweet syrups (Vanilla, Caramel, Hazelnut Syrups available)	add	50c
Almond milk / Lactose Free Milk / Coconut Milk	add	50c
Bonsoy / Macadamia Milk	add	50c
Single origin beans	add	50c
Soy Ice Cream / Cream	add	\$1

TEA (by the pot) \$5.50

Certified organic herbal teas with therapeutic properties to enhance health & wellbeing.

English Breakfast	Earl Grey	Lemon Ginger	Chai
Chinese Green	Peppermint	Chamomile	Echinacea Ginger Berries

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COLD DRINKS

Long Jetty Iced Tea	\$7.00
House made old fashioned iced tea	
Traditional-style Iced Coffee or Iced Chocolate	\$7.50
with Whipped Cream & Ice Cream.	
Milkshake	\$6.00
Thickshake	\$7.50
Kidshake	\$4.00
Chocolate, caramel, vanilla, strawberry (add Malt 50c or Soy Ice Cream option \$1)	
Banana Smoothie	\$8.90
Frozen Banana, whole milk, ice cream, cinnamon & honey.	
Green Smoothie	\$9.90
Spirulina, spinach, pineapple, mango, chia, coconut water & lime.	
Turmeric Detox Smoothie	\$9.90
Frozen banana, coconut yoghurt, agave syrup, turmeric, lemon juice, chia, coconut/almond milk & lemon zest	

COLD PRESSED JUICES \$6.50

Ruby Tuesday – Pear, watermelon, pink lady apple, rhubarb & lime

Little Green – Pear, cucumber, kale, ginger & lemon

Blood Bank - Apple, beetroot, cucumber, ginger & lime

Endless Summer – Pineapple, lemon & cayenne pepper

Orange Sky – Orange, pineapple, lemon & turmeric

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