

**WICKED EGGS \$13.50**

**3 SCRAMBLED EGGS ON TOAST**

- CHOICE OF MEAT  
(CHICKEN OR BACON)
- CHOICE OF 3 VEG  
(ONION, MUSHROOM, TOMATO,  
CAPSICUM, SPINACH, KALE)

**SMASHED AVO \$13.50**

**2 POACHED EGGS ON TOAST W. FETTA**

**BACON & EGGS ON TOAST \$10.50**

**PROTEIN PANCAKES \$13.00**

**SERVED WITH BERRIES & YOGHURT**

**OVERNIGHT OATS S \$7 L \$9**

**SEE DISPLAY FOR DAILY SELECTION**

**GREEK YOGHURT \$8.00**

**W. FRUIT AND TOASTED MUESLI**

**ACAI BOWL \$11.50**

**SERVED WITH FRESH FRUIT,  
TOASTED MUESLI & COCONUT**

## WICKEDBOWLS

**- CHOICE OF PROTEIN**

**- CHICKEN \$16**  
(GRILLED, TANDOORI, TERIYAKI,  
MOROCCAN, CAJUN)

**- BEEF \$16.50**  
(GRILLED, TERIYAKI, THAI)

**- FISH \$16.50**  
(GRILLED, MOROCCAN, CAJUN,  
LEMON & HERB)

**- TOFU 100g \$13.50**  
(TERIYAKI, MOROCCAN, CAJUN)

**- CHOICE OF CARB**

**- SWEET POTATO MASH**  
**- PUMPKIN MASH**  
**- BROWN RICE**  
**- QUINOA**

**MIXED GREENS 100g**  
(BROCCOLI, BEANS)

**- CHOICE OF SAUCE**  
(SWEET CHILLI, TOMATO, BBQ,  
MAYONNAISE, SIRACHA CHILLI)

**SALADS S \$5.90 L \$9.90**

**SEE DISPLAY FOR DAILY SELECTION**

**WRAPS \$11.00**

**(GLUTEN FREE AVAILABLE) \$2.50**

**SEE DISPLAY FOR DAILY SELECTION**

**KIDS MENU \$6.50**

**-BACON & EGGS**

**-PANCAKES**

**WITH MAPLE SYRUP & BERRIES**

## EXTRAS

**SMOKED SALMON \$4**

**AVOCADO \$2.50**

**EGG \$1.50**

**GLUTEN FREE BREAD \$2**

**BUILD YOUR OWN SANDWICH \$7**  
(GLUTEN FREE AVAILABLE) \$2

**PROTEIN**

(HAM, CHICKEN, SALAMI, TURKEY, EGG,  
TUNA)

**SALADS**

(CARROT, BEETROOT, TOMATO, ONION,  
CUCUMBER, COS LETTUCE, BABY SPINACH)

**CHEESE**

(TASTY)

**SAUCE**

(TOMATO, BBQ, MAYONNAISE,  
SWEET CHILLI, SIRACHA CHILLI)

**SMOOTHIES & PROTEIN SHAKES \$9.50**

**ACAI**

(ACAI, COCONUT WATER, BANANA, MIXED  
BERRIES)

ADD PROTEIN \$1

(CHOCOLATE, VANILLA, SALTED CARAMEL)

**CHOC NUT**

(ALMOND MILK, PEANUT BUTTER, BANANA,  
CHOCOLATE PROTEIN, ICE CUBES)

**VANILLA BERRY**

(ALMOND MILK, MIXED BERRIES, HONEY, VANILLA  
PROTEIN, ICE CUBES)

**PINA COLADA**

(COCONUT WATER, PINEAPPLE, PINEAPPLE  
COCONUT PROTEIN, ICE CUBES)

**GREEN MAGIC**

(COCONUT WATER, SPINACH, BANANA, KALE  
PINEAPPLE)

**COFFEE**

S \$4.0 M \$5.0

SHORT BLACK

LONG BLACK

CAPPUCCINO

ICED COFFEE

ICED LONG BLACK

PICCOLO

**TEA \$4**

GREEN

ENGLISH BREAKFAST