

# FRESH & SIMPLE

# ALL DAY MENU

PH: 9679 2731

## AVO YOUR WAY BABY

- Smashed Avo On Toast (1pcs) 8.9  
SAOT w **bacon & poached eggs** 17.5  
SAOT w **smoked salmon, poached eggs,**  
baby spinach 22.9  
SAOT w **fresh tomato & basil, feta balsamic**  
glaze 16.9

## BREKKIE WRAP 15.9

Crispy bacon, 2 fried egg, cheese, tomato  
hash brown, spinach, bbq & aioli sauce

## EGGS ON TOAST

Poached 13.5 Scrambled 13.5 Fried 11.5  
Why not add crispy bacon & avocado \$8

## BIG BREAKFAST 19.9

Bacon, 2 fried eggs, hash brown, sausage,  
grilled tomato, baby spinach, baked beans &  
toast.

## BACON & EGG ROLL 9.9

## F&S OMELETTE (GF) 14.9

3 whole Eggs omelette, tomato, avocado &  
spanish onion, shaved broccoli. Topped w baby  
spinach, goats cheese & fresh avocado

Add Smoked Salmon \$5 Ham \$3 Bacon \$4

## TOAST -

With your favorite condiment

Sourdough, Quinoa Soya bean Sourdough,

Dark Rye, Thick White 2pcs \$5.50

Turkish Toast, Fruit Toast 2 pcs \$6.50

## HOT CHIPS & WEDGES

- SMALL HOT CHIPS 330G \$6  
LARGE HOT CHIPS 530G \$10  
SWEET POTATO WEDGES \$8

## BURRITO BOWL (GF) 16.9

Grilled chicken, Iceberg lettuce, rice, corn  
shredded tasty cheese, tomato, red onion,  
avocado, salsa, sour cream **GF DF** Topped  
with corn chips

## ZUCCHINI FRITTER SALAD (GF) 16.9

2 x House-made zucchini fritters stacked w  
crunchy slaw in a minted yogurt dressing &  
topped w crispy kale

## POKE BOWL (GF, DF, V) 14.9

Rice shredded cabbage & rice base w, avocado  
pickled kimchi, nori, sesame seeds, Asian style  
spicy dressing. Add your fav protein?

## HAWAII FIVE O (GF) 16.9

Crunchy iceberg salad w grilled chicken breast,  
bacon, pineapple, avocado, rice, red onion

## CORN FRITTER STACK 17.9

House made corn fritters. 2 poached eggs,  
avocado, baby spinach, relish, crispy kale  
Add Bacon 4

## THE REUBEN 16.5

This New York classic toastie is spiced  
pastrami, Polish sauerkraut, swiss cheese,  
dill pickles wedged between 2 pcs of dark  
Deli Rye. Served w a side of crispy potato  
chips and a whole dill pickle.

## AUSSIE BEEF BURGER 14.9

Beef patty, caramelised onions,  
tomato, beetroot, lettuce, cheese  
bbq sauce

## AMERICAN CHEESE BURGER. 13.9

Beef patty, cheese, lettuce, pickles,  
mustard, ketchup

## PANKO SCHNITZEL BURGER 12.9

Panko crumb chicken breast schnitzel,  
cheese, lettuce, spanish onion & aioli

## SIMPLY CHICKEN BURGER 11.9

Tomato, lettuce, cheese, red onion, aioli

## THE WORKS BURGER 18.9

beef pattie, bacon, cheese, egg,  
pineapple, beetroot, tomato, lettuce,  
caramelized onion

## VEGAN STACK 13.9

Grilled veggies stacked with house-  
made falafel, tomato, lettuce, red onion,  
tomato relish on a Gina bun

## STEAK SANDWICH 17.9

Steak, fried egg, beetroot, tomato caramelised  
onions, lettuce, cheese BBQ sauce

## SPICY SCHNITZEL BURGER 15.9

Crispy chicken schnitzel, bacon, cheese,  
Jalapones, slaw w Sriracha mayo

## MAPLE BACON CHILLI CHICKEN 13.9

Candied Maple Bacon w Portuguese  
marinated chicken breast, sweet crunchy  
slaw & Sriracha mayo

## SIMPLE SCHNITZEL COMBO

\$11.50

SIMPLE SCHNITZEL BURGER  
& CHIPS ONLY \$11.50

\*WITH THE PURCHASE ANY DRINK

## CHIP N DRINK COMBO

SMALL CHIPS & DRINK \$8  
SP WEDGES & DRINK \$9

# SMOOTHIE BAR

## MR SMOOTH - GREEN SMOOTHIE

ORANGE APPLE KALE SPIRULINA  
NUTS WHEY PROTEIN

## WAKE ME UP & GO GO

YOGURT GRANOLA SEASONAL FRUIT SKIM  
MILK & WHEY PROTEIN

## FEELIN FRUITY

MIXED SEASONAL FRUIT YOGURT SKIM MILK  
WHEY PROTEIN

## PEANUT BUTTER BLAST

PEANUT BUTTER, BANANA, NUTS  
ALMOND MILK, WHEY PROTEIN

## NICKERS

PEANUT BUTTER BANANA  
& COCONUT WATER  
CHOCOLATE WHEY PROTEIN

## BANANA HONEY SMOOTHIE

BANANA HONEY OAT MILK WHEY PROTEIN

# JUICE BAR

HYDRATE N NOURISH ALL \$9.5

## LYMPHATIC CLEANSE

APPLE GINGER BEETROOT CELERY LEMON

## LEAN GREEN DETOX MACHINE

KALE SPINACH APPLE GINGER  
CELERY PINEAPPLE

## BLOOD BOOSTER

BEETROOT GINGER APPLE CARROT

## RAGING RANGA

ORANGE CARROT GINGER

## HELLOOOO HYDRATION

WATERMELON CUCUMBER LEMON  
COCONUT WATER

## ANTI INFLAMMATORY POWERHOUSE

ORANGE TURMERIC ROOT  
GINGER CARROT PINEAPPLE

SIMPLY JUICE \$8.5

## TROPICANA

ORANGE PINEAPPLE

## LOLLIE WATER

JUST WATERMELON

## GRANNY SMITH

JUST GREEN APPLES

## TOO MUCH PARTY PARTY

JUST CELERY JUICE

IMMUNITY BOOSTER SHOTS \$6.5

## VITAMIN C SHOT

GINGER + ORANGE

## ANTI INFLAMMATORY

TURMERIC + ORANGE

# SUPPLEMENT BAR

BIOACTIVE COLLAGEN FOR SKIN HAIR NAILS & GUT

W LIQUID SILCA \$5.8

VEGAN SUPER GREENS \$4

WHEY PROTEIN \$4