

# BREKKO

MORNING 0830-1130

## BANANA BREAD

toasted banana bread,  
coconut yoghurt, blueberry  
compote, maple syrup,  
caramelised banana  
+ toasted almonds

**7.5**  
gluten free, vegan  
contains: almonds

## HOLY GRANOLA

our homemade house granola,  
coconut yoghurt, compote,  
banana, blueberries,  
+ toasted coconut

**7.5**  
gluten free, vegan,  
contains: almonds

## SWEET WAFFLE

coconut yoghurt, macerated  
strawberries, compote,  
roasted peanut crunch

**9.5**  
gluten free, vegan  
option to add nut butter

## BUCKWHEAT WAFFLE

savoury waffle, avocado,  
kimchi + fried egg,  
+ nori sesame sprinkle

**11.5**  
gluten free (can be made vegan)  
contains: egg, soy, sesame, sulphites

## POTATO ROSTI

spiced potato rosti,  
miso mayo, avocado,  
pickled shiitake mushroom  
+ soft boiled egg

**11.5**  
gluten free (can be made vegan)  
contains: egg, soy, sesame, sulphites

## PEA FRITTERS

pea + courgette fritter,  
coconut yoghurt, chilli jam,  
avocado, spinach, seeds  
+ soft boiled egg

**11.5**  
gluten free (can be made vegan)  
contains: egg, soy, sesame, sulphites

## ADD ONS

peanut butter 1.5 | almond butter 2 | avocado 2  
swap fried eggs for soft boiled and vice versa

# SMOOTHIE BOWLS

**ALL DAY 0830-1700**

## **BERRY ACAI**

acai, blackberries,  
banana thick smoothie  
topped with blueberries,  
banana, toasted coconut  
+ house granola

**10.5**

**gluten free, vegan  
contains: almonds**

## **CACAO ACAI**

acai, cacao, banana,  
sea salt thick smoothie  
topped with blueberries,  
banana, cacao nibs, toasted  
coconut + house granola

**10.5**

**gluten free, vegan  
contains: almonds**

## **SALTED CARAMEL**

tahini, dates, maca, banana,  
sea salt oat milk, topped  
with blueberries, banana  
toasted coconut, cacao nibs  
+ house granola

**10.5**

**gluten free, vegan  
contains: sesame, almonds**

## **GREEN GOODNESS**

spinach, avocado, mango,  
banana, oat milk, topped  
with blueberries,  
banana, toasted coconut  
+ house granola

**10.5**

**gluten free, vegan  
contains: almonds**

## **ADD ONS**

peanut butter 1.5 | almond butter 2  
vegan hemp protein 2.5

# POKE BOWLS

**ARVO 12:00-16:00**

## **SASHIMI SALMON POKE**

sashimi, shoyu sauce, spring onions, edamame, broccoli, kimchi + pickled ginger, brown rice, spinach, mayo and nori + sesame

**13.5**

**gluten free, dairy free**  
**contains: fish, sesame, soy, sulphites**

## **STICKY SESAME TOFU**

sticky ginger + soy sesame tofu, edamame, corn salsa, sweet potato + pickled shiitake citrus kale, brown rice, mayo and nori + sesame

**11.5**

**gluten free, vegan**  
**contains: soy, sesame, sulphites**

## **BANG BANG CHICKEN**

bang bang chicken, rainbow slaw broccoli, corn salsa + pickled red onion, brown rice, spinach, bang bang sauce + spicy peanuts

**13**

**gluten free, dairy free**  
**contains: peanuts, soy, sesame, sulphites**

## **MISO AUBERGINE**

aubergine, broccoli, sweet potato rainbow slaw + pickled cucumber citrus kale, brown rice noodles, tahini dressing + savoury seeds

**11.5**

**gluten free, dairy free, vegan**  
**contains: soy, sesame, sulphites**

## **TERIYAKI CHICKEN OR SALMON**

teriyaki chicken or baked salmon, edamame, rainbow slaw, broccoli, + pickled cucumber brown rice noodles, spinach, teriyaki mayo + nori sesame

**13.5**

**gluten free, dairy free**  
**contains: sesame, soy, sulphites**

## **NORI GINGER TOFU**

tofu, broccoli, sweet potato rainbow slaw + pickled red onion, citrus kale, brown rice spicy mayo + nori sesame

**11.5**

**gluten free, dairy free, vegan**  
**contains: soy, sesame, sulphites**

## **ADD ONS**

avocado 2 | seaweed salad (sesame) 3

# COLD PRESS JUICE

MADE BY US

## CLARITY

carrot  
orange  
lemon  
fennel  
ginger

6.5

## DETOX

apple  
cucumber  
mint  
ginger  
**celery**  
lemon  
spinach

6.5

## GLOW

beetroot  
apple  
cucumber  
ginger  
lime

6.5

## NOURISH

pear  
apple  
lemon  
ginger  
thyme

6.5

## GINGER SHOT

apple ginger lemon  
3

WE ALSO HAVE OTHER  
COLD DRINK ~ ICED  
COFFEE, ICED CHAI,  
ICED SUPERBLENDS

| COFFEE. TEA. BLENDS.  |          |   |  |
|---|----------|---|--|
| BLENDSMITHS<br>BLENDS   |          | RIVER ROASTERS<br>COFFEE  |  |
| HOT - 4.5   | ICED - 5 | espresso, americano, macchiato<br><b>3.5</b><br>flat white, cortado<br><b>3.75</b><br>cappuccino, latte<br><b>4.25</b><br>blendsmiths hot chocolate<br><b>4.5</b><br>blendsmiths mocha<br><b>4.75</b><br>all served as double espresso<br>oat or daily milk available<br>flavour syrup<br><b>.5</b> |  |
| our blendsmiths blends are served on oat milk   |          |   |  |
| <b>RED VELVET</b><br>beetroot powder, ginger, cinnamon, coconut sugar, black pepper<br><b>JAPANESE MATCHA</b><br>ceremonial japanese matcha green tea, cinnamon, coconut sugar<br><b>GOLDEN TURMERIC</b><br>turmeric, cinnamon, ginger, star anise, black pepper, coconut sugar<br><b>PUMPKIN SPICE</b><br>pumpkin spice, cinnamon, ginger, black pepper, coconut sugar |          |   |  |
|   |          |   |  |
| CHAI BY MIRA  |          | BREW TEA CO   |  |
| HOT - 4.5   | ICED - 5 | english breakfast<br>earl grey<br>lemon + ginger<br>moroccan mint<br>green tea<br>decaffeinated<br><b>3</b>   |  |
| our chai is served on oat milk  |          |   |  |
| <b>CLASSIC</b><br>ginger, cardamom, cinnamon, nutmeg, clove, coconut sugar<br><b>GINGERBREAD</b><br>ginger, cinnamon, nutmeg, clove, coconut sugar<br><b>COCONUT</b><br>desiccated coconut, ginger, cardamom, cinnamon, pepper, nutmeg, clove, coconut sugar<br><b>CACAO</b><br>cocoa powder, ginger, cardamom, cinnamon, pepper, nutmeg, clove, coconut sugar          |          |   |  |
|   |          |   |  |
|   |          | ICED COFFEE   |  |
|   |          | iced americano<br><b>3.5</b><br>iced latte<br><b>4.5</b>  | iced chocolate<br><b>4.5</b><br>iced mocha<br><b>5</b> |

# SUPERFOOD SMOOTHIES

8.5 EACH

## ACAI BANG

acai, blackberries,  
banana, oat milk

**acai** - high in antioxidants,  
benefits include skin health, brain  
health and immune health

## BANOFFEE PIE

tahini, dates, maca,  
banana, oat milk

**maca** - contains 8 essential amino  
acids, boosts energy + endurance,  
hormone balancing  
**contains: sesame**

## BLUEBERRY PROTEIN PIE

blueberry compote, protein,  
banana, toasted coconut, oat milk

**protein** - amino acids, high in  
protein, Supports muscle growth,  
maintenance and repair

## DO YOU EVEN LIFT BRO?

vanilla protein powder, banana,  
cinnamon, dates, oat milk

**protein** - amino acids, high in  
protein, Supports muscle growth,  
maintenance and repair

## MAD ABOUT MANGO

mango, maca, toasted coconut,  
banana, oat milk

**maca** - contains 8 essential amino  
acids, boosts energy + endurance,  
hormone balancing

## THE NOOKIE

double espresso, maple syrup,  
banana, maca, oat milk

**maca** - contains 8 essential amino  
acids, boosts energy + endurance,  
hormone balancing

## NUTTY CHOCOLATE

cacao, almond butter, banana,  
maple syrup, oat milk, sea salt

**cacao** - high in antioxidants  
+ iron, mood boosting  
**contains: almonds**

## 50 SHADES OF GREEN

spinach, avocado, mango, banana,  
spirulina, oat milk

**spirulina** - high in nutrients, anti  
inflammatory, rich in vitamin b1