



# ALL DAY MENU

7AM - 3PM

117A ABBOTT ST, CAIRNS CITY QLD 4870

PHONE: (07) 4041 1918

GINGER POWER SHOT VG V

PUBLIC HOLIDAY SURCHARGE 10%

## BURRITO BABY

Crispy bacon, chilli beans, scrambled eggs, cheese, jalapeno, red cabbage, tomato relish wrapped in a spinach tortilla

- Scrambled tofu & vegan feta
- Halloumi

## FULL HOUSE +

House made sweet hash brown, scrambled eggs, bacon, roasted tomato, sauteed mushrooms, chilli beans, sourdough

- Scrambled tofu & vegan feta
- Halloumi

add avocado \$5

## POACHIES +

Spinach, poached eggs, avocado, cherry tomatoes, bacon, sourdough, pickled onion, beetroot dressing

- Scrambled tofu & vegan feta
- Halloumi

## THE FRITTER END 2.0 +

Smoked sweet potato hummus, vegan feta, broccoli/corn/red pepper fritters, grilled zucchini, avocado, spinach, nut brittle

add scrambled tofu \$4

add poched eggs/smoked salmon/bacon \$5ea

## MR. BENNY +

Charcoal sourdough, poached eggs, blistered cherry tomatoes, baby spinach, potato and bacon gratin, house hollandaise

## GREEN GODDESS +

Quinoa, brown rice, poached egg, charred asparagus, kale, spinach, smashed avocado, edamame, smoky chickpeas, green lemon tahini

Scrambled tofu

add sweet hash brown/halloumi \$4ea

add grilled chicken \$5

## PORTA-BELLA MUFFIN

English muffin, almond crumbed Portobello mushroom, poached egg, broccoli and zucchini arrabiata, pickled onion, beetroot dressing

Scrambled tofu

add bacon \$5

## TROPICAL FRUIT BOWL SALAD

Seasonal fruit topped with yogurt, mint and passion fruit

## KIDDIES \$9

### NUGS & HUGS

#### CHICKEN & CHIPS

Grilled chicken and chips

Chicken nuggets and chips

\$15

\$21

\$18

\$20

\$18

\$18

\$15

\$12

## DON PABLO

Quinoa, brown rice, poached egg, chilli beans, avocado, chargrilled corn, tomato salsa, spiced cauliflower, red cabbage, chimichurri

Scrambled tofu

add sweet hash brown/halloumi \$4ea

add grilled chicken \$5

## BLUE SWIMMER CRAB LETTUCE WRAP

Blue swimmer crab, tomato, red onion, fresh chili, red cabbage, lettuce and sesame peanut butter dressing

## CHICKEN SANDWICH

Grilled chicken, bacon, avocado, spinach, peri peri mayo, charcoal sourdough

add chips \$3

## CHICKEN TACOS

Grilled chicken, red cabbage, avocado, red onion, tomato salsa, peri peri sauce

Spiced cauliflower and chimichurri

## SAY CHEESE (BURGER)

Angus beef, cheddar cheese, pickles, red onion, spinach, tomato, crave sauce, toasted bun, fries

## POKE BOWL

Quinoa, brown rice, avocado, chargrilled corn, cherry tomatoes, red cabbage, wakame, edamame, cucumber, roasted sesame dressing or soy sauce

add scrambled tofu \$4

add grilled chicken or raw salmon \$5

## + ADD ONS

Crispy sweet hash brown/halloumi/sauteed mushrooms/toast/blistered cherry tomatoes/ chili beans/ tofu scramble

Poached eggs (2)/ avocado / bacon / smoked salmon / chicken

Potato fries, tomato sauce

Sweet potato fries, garlic aioli

\$18

\$19

\$15

\$15

\$19

\$18

\$4

\$5

SML \$6 LRG \$10

SML \$8 LRG \$12





# DRINKS & BOWLS

7AM - 3PM

117A ABBOTT ST, CAIRNS CITY QLD 4870

PHONE: (07) 4041 1918

PUBLIC HOLIDAY SURCHARGE 10%

## JUICES \$9.5

**GINGER ZAP**  
Pineapple, lemon, ginger mint

**RED SUNSET**  
watermelon, pineapple, strawberry

**TROPICANA**  
Orange, mango, passionfruit

**MR. BEET**  
Apple, beetroot, carrot, ginger

**GREEN DREAM**  
Apple, kale, cucumber, celery

**MORNING GLOW**  
Orange, carrot, celery

## ONE FRUIT \$7

Choose orange, apple, watermelon or pineapple

## ACAI BOWL \$16

**CLASSIC**  
Blend of acai, banana and coconut water on crunchy granola topped with kiwifruit, strawberry, banana, coconut, and chia seeds

**NAKED MELON**  
Blend of acai, mango and fresh watermelon water on crunchy granola topped with coconut yoghurt, banana, strawberry, passionfruit and goji berries

## SMOOTHIES \$10.5

**AMAZON**  
Acai, banana, coconut water

**FLAMINGO**  
Dragonfruit, banana, mango, coconut water

**HOLY BERRY**  
Banana, mixed berries, coconut water

**ISLAND BABY**  
Orange, banana, mango, passionfruit

**GREEN WARRIOR**  
Apple, banana, kale, cucumber

**MANGO LASSI**  
Mango, coconut yoghurt, coconut milk

**MONKEY BUSINESS**  
Banana, coconut milk, agave nectar

## SMOOTHIE BOWL \$16

**PINK FLOYD**  
Blend of dragonfruit, banana, mango and coconut water on crunchy granola topped with kiwifruit, banana, passionfruit, coconut and chia seeds

**SUNNY DAYS**  
Blend of mango, banana, and coconut water on crunchy granola topped with kiwifruit, banana passionfruit and goji berries

## PROTEIN \$12

**MUSCLE BEACH**  
Banana, peanut butter, vanilla & cinnamon protein, almond milk, agave nectar

**PINA COLADA**  
Pineapple, banana, vanilla & cinnamon protein, coconut milk



Add protein to any bowl or smoothie choose from chocolate or vanilla and cinnamon

## PROTEIN BOWL \$18

**PB & J**  
blend of acai, banana, vanilla & cinnamon protein, peanut butter and almond milk topped with granola, strawberry, cacao nips, peanut butter and house made strawberry compote

**CHOCOLATE**  
Blend of banana, strawberry, organic cacao, chocolate protein and almond milk topped with granola, banana cacao nips, strawberry and coconut

## HOT DRINKS

### HOT CAFFEINE (Organic)

Cappuccino / Flat White / Latte / Mocha  
Extra shot

Syrup Caramel / Hazelnut / Vanilla

Babycino

Long Black / Short Macchiato / Piccolo

Dirty Chai

Espresso

Hot Chocolate

Daintree Loose Leaf Tea

Australian Breakfast / Green Tea (with leon myrtle & lemon grass) / Daintree Chai / Organic Peppermint

SMLS\$4.5 MED\$5 LRG\$6

50C

80C

80C

80C

\$4

\$5

SINGLE \$3.5 / DOUBLE \$4

SMLS\$4.5 MED\$5 LRG\$6

SMLS\$4.5 LRG\$6

## COLD DRINKS

### COLD CAFFEINE (Organic)

Iced Latte

Iced Mocha

Iced Long Black

Iced Chocolate

\$6.5

\$7

\$5.5

\$6.5

### COLD GLASS BOTTLES

Organic Lemon, Lime & Bitters

Local Made Passionfruit Kombucha

\$4.7

\$4.7

### SOFT DRINKS

Coca Cola / Coke Zero / Lemonade

Nu Water

Sparkling Water

\$3.7

\$3.5

\$4

## BEERS

Great Northern

Corona

\$7.5

\$8.5

## WINE

187ml bottle

De Bortoli Semillon Sauvignon Blanc

De Bortoli Shiraz Cabernet

De Bortoli Prosecco

\$12

\$12

\$12

## COCKTAILS

### BLOODY MARY

Vodka, tomato juice, Worcestershire, lime, tabasco

### QUEEN B

Mimosa with freshly squeezed orange juice

### MANGO DAIQUIRI

Bacardi, mango, lime juice, sugar syrup, crushed ice

### STRAWBERRY DAIQUIRI

Bacardi, strawberries, lime juice, sugar syrup, crushed ice

### MOJITO CLASSIC

Passion fruit / Kiwi / Strawberry

\$17

\$17

\$17

\$17

\$17

## SUPERFOOD GINGER SHOT \$2

Ginger, Lemon, Cayenne pepper