



ALL DAY MENU

7AM - 3PM

117A ABBOTT ST, CAIRNS CITY QLD 4870

PHONE: (07) 4041 1918

V G O V O G F OPTIONS AVAILABLE

PUBLIC HOLIDAY SURCHARGE 15%

BREKKY BURRITO

Scrambled eggs, crispy bacon, chilli beans, cheese, caramelised onion, red cabbage, wrapped in a spinach tortilla with avocado & salsa

- Scrambled tofu \$2.5
- Halloumi

\$19

FULL HOUSE

Choice of eggs on ciabatta, bacon, crispy hash brown, roasted tomato, sauteed mushrooms, chilli beans, chipolatas

- Scrambled tofu & avocado \$2.5
- Halloumi
- add avocado \$6

\$25

POACHIES

Poached eggs, rye, avocado, cherry tomatoes, feta, dukkha, balsamic vinegar, beetroot hummus

- Scrambled tofu \$2.5
- add bacon/halloumi \$6 each/smoked salmon \$6

\$19.5

THE FRITTER END 2.0

Broccoli, corn and red pepper fritters, smoked sweet potato hummus, grilled zucchini, avocado, spinach, spiced nuts

- add scrambled tofu \$6
- add poached eggs/bacon \$6 each/smoked salmon \$7

\$24

MR. BENNY

Poached eggs on ciabatta, sauteed spinach, sauteed mushrooms, hollandaise sauce

- add bacon \$6
- add smoked salmon \$7

\$19.5

PULLED BENNY

Poached eggs on ciabatta, smokey pulled pork, sauteed spinach, sauteed mushrooms, hollandaise sauce

\$25

BREKKY BURGER

Fried egg, bacon, caramelised onion, barbecue sauce, toasted brioche bun

\$15

POWER RANGER

Scrambled tofu, sauteed mushrooms, pickled cabbage, kale, asparagus, ciabatta, tahini sauce, beetroot hummus

\$19

PORTA-BELLA MUFFIN

English muffin, peanut crumbed portobello mushroom, poached egg, broccoli, zucchini, arrabiata, truffle aioli

- Scrambled tofu \$6
- add bacon \$6

\$20

EGGS YOUR WAY

2 eggs, Fried, scrambled or poached on toasted ciabatta

- Scrambled tofu \$2.5

\$12

+ ADD ONS

- Crispy hash brown/ Toast/chilli beans \$5
- tofu scramble/sauteed mushrooms/halloumi \$6
- Poached eggs (2)/avocado/bacon/chicken/chipolatas \$6
- Smoked salmon/smokey pulled pork \$7

DON PABLO

Quinoa, brown rice, chilli beans, avocado, chargrilled corn, tomato salsa, spiced cauliflower, red cabbage, poached egg, tortilla chips, green lemon tahini

- Scrambled tofu \$6
- add hash brown \$5/halloumi \$6
- add grilled chicken \$6/smokey pulled pork \$7

\$19

GREEN GODDESS

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

- Scrambled tofu \$6
- add hash brown \$5/halloumi \$6
- add grilled chicken \$6

\$19

POKE BOWL

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

- add scrambled tofu \$6
- add grilled chicken \$6
- add raw salmon \$7

\$19

SUMMER SALAD

Watermelon, feta, spinach, cherry tomatoes, red onion, spiced nuts, balsamic reduction & olive oil

- add grilled chicken \$6

\$18

CHICKEN SAMMY

Grilled chicken, bacon, avocado, spinach, peri peri mayo, toasted ciabatta, fries

\$21

GRILLED CHICKEN TACOS

Red cabbage, avocado, red onion, tomato, peri peri sauce

\$18

CAULI TACOS

Spiced cauliflower, red cabbage, avocado, red onion, tomato, green lemon tahini

\$18

PULLED PORK TACOS

Crunchy slaw, cheese, smokey pulled pork, pickled onion, crave sauce

\$18

SAY CHEESE BURGER

Wagyu beef, cheese, pickles, caramelised onion, lettuce, tomato, crave sauce, toasted brioche bun, fries

\$21

PULLED PORK BURGER

Pulled pork, crunchy slaw, pickles, smoky barbecue sauce, toasted brioche bun, fries

\$21

+ ADD ONS

- Potato fries + tomato sauce SML \$7 LRG \$11
- Sweet potato fries + garlic aioli SML \$9 LRG \$13



DRINKS & BOWLS

7AM - 3PM

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100% dairy free

JUICES \$9.9

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

SMOOTHIES \$10.9

AMAZON
Acai, banana, coconut water

FLAMINGO
Dragonfruit, banana, mango, coconut water

HOLY BERRY
Banana, mixed berries, agave nectar, coconut milk

ISLAND BABY
Orange, banana, mango, passionfruit, coconut water

GREEN WARRIOR
Fresh apple juice, banana, kale, cucumber

MANGO LASSI
Mango, coconut yoghurt, agave nectar, coconut milk

MONKEY BUSINES
Banana, coconut milk, agave nectar

PROTEIN \$12.9

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

THE BOUNTY
Banana, coconut yogurt, chocolate protein, coconut milk, agave nectar

+ \$2
Add protein to any bowl or smoothie
chocolate/vanilla/Green pri biotics

TROPICAL FRUIT BOWL \$14
Seasonal fruit topped with coconut yoghurt and passionfruit

ACAI BOWLS \$18

CLASSIC
Blend of acai, banana topped with crunchy granola, kiwifruit, strawberry, banana, coconut. blue berries and chia seeds

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

SMOOTHIE BOWLS \$17

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

SUNNY DAYS
Blend of mango, banana, and fresh watermelon juice topped with crunchy granola, strawberries, banana passionfruit, coconut yogurt and goji berries

PROTEIN BOWLS \$19

PB & J
blend of acai, banana, vanilla 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

Loose Leaf Tea

English Breakfast / Green Tea / Chai / Organic Peppermint / Earl Grey

SML\$5 REG\$5.5 X-LRG\$6.5
(T/A cup ONLY)
80C
80C
80C
80C
\$4.5
\$5.5
SINGLE \$4 / DOUBLE \$4.5
SML\$5 MED\$5.5 LRG\$6.2
SML\$ 4.7LRG\$6

BEERS

Great Northern \$8
Corona \$8.5

COLD DRINKS

(Organic)

COLD CAFFEINE

Iced Latte

Iced Mocha

Iced Long Black

Iced Chocolate

\$6.7
\$7
\$5.7
\$6.7

SOFT DRINKS

Coca Cola / Coke No Sugar/ Lemonade
Nu Water
Sparkling Water
Lemon, lime & bitters

\$3.7
\$3.7
\$4.7
\$5

COCKTAILS

BLOODY MARY \$17
Vodka, tomato juice, Worcestershire, lime, tabasco
MANGO DAIQUIRI \$17
Bacardi, mango, lime juice, sugar syrup, crushed ice
STRAWBERRYDAIQUIRI \$17
Bacardi, strawberries, lime juice, sugar syrup, crushed ice
MOJITO CLASSIC \$17
classic/Passion fruit

KIDDIES UP TO 12YRS

EGG ON TOAST \$8
Fried, scrambled or poach

MINI BENNY \$9
Poached egg on ciabatta, sauteed spinach and hollandaise

JUICY FRUITS \$9
Seasonal fruit, granola, coconut yoghurt

NUGS & HUGS \$9
Chicken nuggets, fries

CHEESE BURGER \$11.5
Wagyu beef, cheese, tomato sauce, toasted brioche bun, fries

SUNSHINE BOWL \$11.5
Blend of mango, banana, and fresh watermelon juice on crunchy granola topped with strawberries, banana passionfruit, coconut yogurt and goji berries