



# ALL DAY MENU

7AM - 3PM

117A ABBOTT ST, CAIRNS CITY QLD 4870

PHONE: (07) 4041 1918



PUBLIC HOLIDAY SURCHARGE 15%

## BREKKY BURRITO

Scrambled eggs, crispy bacon, cheese, caramelised onion, sauteed housed cabbage, wrapped in a spinach tortilla, peri peri sauce

- ☞ Scrambled tofu \$2.5
- ☞ Halloumi

\$19.9

## 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

\$26

## 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

\$19.9

## GARDEN FRITTERS

Zucchini, broccoli, dill, parsley, basil fritters, smoked sweet potato hummus, corn, feta, edamame, mint, beetroot hummus

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

\$25

## MR. BENNY

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

- add bacon \$6/smoked salmon \$7/smokey pulled pork \$7

\$19.9

## TRUFFLED SCRAMBLED

Scrambled eggs with truffle, avocado, sauteed mushrooms, on ciabatta

- add bacon/halloumi \$6/hash brown \$5

\$19.9

## BREKKY BURGER

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

\$16

## POWER RANGER

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

\$19.9

## PORTA-BELLA MUFFIN

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

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

\$21.5

## EGGS YOUR WAY

2 eggs, Fried, scrambled or poached on toasted ciabatta

- ☞ Scrambled tofu \$2.5

\$13

## + 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

\$20.5

## 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

\$20.5

## 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

\$20.5

## SUMMER SALAD

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

- add grilled chicken \$6

\$19

## CHICKEN SAMMY

Grilled chicken, bacon, avocado, spinach, peri peri mayo, toasted soft white loaf, fries

\$21.5

## GRILLED CHICKEN TACOS

Herbed chicken, crunchy slaw, avocado, red onion, tomato, peri peri sauce

\$18.9

## CAULI TACOS

Spiced cauliflower, Crunchy slaw, avocado, red onion, tomato, green lemon tahini

\$18.9

## PULLED PORK TACOS

Smokey pulled pork, crunchy slaw, cheese, pickled onion, crave sauce

\$18.9

## SAY CHEESE BURGER

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

\$22

## SIDE CHICK BURGER

Marinated chicken, fried egg, sauteed spinach, tomato, onion, crave sauce, toasted brioche bun, fries

\$22

## + ADD ONS

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



# DRINKS & BOWLS

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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

## ACAI BOWLS \$19

- 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

## KIDDIES UP TO 12YRS

- EGG ON TOAST** \$9  
Fried, scrambled or poach
- MINI BENNY** \$10  
Poached egg on ciabatta, sauteed spinach and hollandaise
- JUICY FRUITS** \$10  
Seasonal fruit, granola, coconut yoghurt

## 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

## SMOOTHIE BOWLS \$18

- 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 \$12.9

- MUSCLE BEACH**  
Banana, peanut butter, vanilla protein, almond milk, agave nectar
- THE BOUNTY**  
Banana, coconut yogurt, chocolate protein, coconut milk, agave nectar
- +**  
Add protein to any bowl or smoothie chocolate/vanilla/Green pri biotics \$2

## TROPICAL FRUIT BOWL \$14

Seasonal fruit topped with coconut yoghurt and passionfruit

## PROTEIN BOWLS \$20

- 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

## SUNSHINE BOWL \$12

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

## HOT DRINKS

- HOT CAFFEINE (Organic)**  
Cappuccino / Flat White / Latte / Mocha SML \$5 REG \$5.5 X-LRG \$6.5 (T/A cup ONLY)  
Extra shot 80c  
Syrup Caramel / Hazelnut / Vanilla 80c  
Babycino 80c  
Long Black / Short Macchiato / Piccolo 80c  
Dirty Chai \$4.5  
Espresso \$5.5  
Hot Chocolate SINGLE \$4 / DOUBLE \$4.5  
Loose Leaf Tea SMLS \$5 MED \$5.5 LRG \$6.2 SMLS 4.7LRG \$6  
English Breakfast / Green Tea / Chai / Organic Peppermint / Earl Grey

## COLD DRINKS (Organic)

- COLD CAFFEINE**  
Iced Latte \$6.7  
Iced Mocha \$7  
Iced Long Black \$5.7  
Iced Chocolate \$6.7
- SOFT DRINKS**  
Coca Cola / Coke No Sugar/ Lemonade \$4  
Nu Water \$4  
Sparkling Water \$4.7  
Lemon, lime & bitters \$5.5

## BEERS

- Great Northern \$8
- Corona \$8.5

## COCKTAILS \$17

- BLOODY MARY** \$6.7  
Vodka, tomato juice, Worcestershire, lime, tabasco
- MANGO DAIQUIRI** \$7  
Bacardi, mango, lime juice, sugar syrup, crushed ice
- STRAWBERRY DAIQUIRI** \$5.7  
Bacardi, strawberries, lime juice, sugar syrup, crushed ice
- MOJITO CLASSIC** \$6.7  
Classic/Passion fruit