



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 \$6/halloumi \$6/smoked salmon \$6

\$20

GARDEN FRITTERS

Zucchini, broccoli, dill, parsley, basil fritters, smoked sweet potato
hummus, corn, 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

\$20

TRUFFLED SCRAMBLED

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

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

\$22.5

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

\$20

PORTA-BELLA MUFFIN

English muffin, peanut crumbed portobello mushroom, scrambled
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, peri peri

- 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

- 7 Miles coffee roaster (Organic)
- Cappuccino / Flat White / Latte / Mocha SML \$5 REG \$5.5 X-LRG \$6.5 (T/A cup ONLY)
- Extra shot 50C
- Syrup Caramel / Hazelnut / Vanilla 80C
- Babycino \$1
- Long Black / Short Macchiato / Piccolo \$4.5
- Dirty Chai SML \$5 MED \$5.5 LRG \$6.5
- Espresso SINGLE \$4 / DOUBLE \$4.5
- Hot Chocolate SML \$5 MED \$5.5 LRG \$6.2
- Loose Leaf Tea SML \$5 LRG \$6
- English Breakfast / Green Tea / Chai / Organic Peppermint / Earl Grey

COLD DRINKS (Organic)

- COLD CAFFEINE**
- Iced Latte \$6.7
- Iced Mocha \$7.7
- 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 \$8.5
- Corona \$8.5

COCKTAILS

- BLOODY MARY** \$17
Vodka, tomato juice, Worcestershire, lime, tabasco
- MANGO DAIQUIRI** \$17
Bacardi, mango, lime juice, sugar syrup
- LYCHEE & GRAPEFRUITSPRITZ** \$15
Grapefruit aperitif, lychee, lime, soda
- MANGO HIGHBALL** \$15
Tropical gin, mango, lemon, soda
- PLUM PASSION** \$15
Davidson plum gin, passionfruit, lemon, soda