SML \$10 / LRG \$14



ALL DAY MENU

OPEN 7AM - 3PM

VG • Vegan / V • Vegetarian / GF • Gluten Free

| BREKKY BURRITO Scrambled eggs, crispy bacon, cheese, sautéed house cabbage, wrapped in a spinach tortilla, peri peri sauce • Scrambled Tofu \$2.5 [VG] • Halloumi [V] | \$20 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| FULL HOUSE Choice of eggs on sourdough, bacon, crispy hash brown, roasted tomato, sautéed garlic mushrooms chilli beans, chipolatas • Scrambled tofu & avocado \$2.5 [VG] • Halloumi [V] add avocado \$6 | \$30 ; |
| POACHIES Poached eggs, mini baguette, avocado, cherry tomatoes, feta, dukkah, balsamic vinegar, beetroot hummus • Scrambled tofu \$2.5 [VG] add bacon \$6 / halloumi \$6 /smoked salmon \$8 | \$21 |
| MR. BENNY Poached eggs on sourdough, sauteed spinach, sautéed garlic mushrooms, hollandaise sauce add bacon \$6 / smoked salmon \$8 / smokey pulled pork \$7 | \$21 |
| NEW! MISS CROISSANT Croissant, 2 poached eggs, turmeric hollandaise, ham, chives add bacon \$6 / smoked salmon \$8 / smokey pulled pork \$7 | \$20 |
| TRUFFLED SCRAMBLED [V] Scrambled eggs with truffle, avocado, sautéed garlic mushrooms on pumpkin bread add bacon \$6 / halloumi \$6 / hash brown \$5 | \$25 |
| BREKKY BURGER Fried egg, bacon, caramelised onion, barbecue sauce, toasted brioche bun | \$17 |
| EGGS YOUR WAY 2 eggs, Fried, scrambled or poached on toasted sourdough • Swap Eggs for Scrambled Tofu +\$2.5 [VG] | \$14 |
| OMELETTE [V] eggs, cherry tomatoes, feta, sauteed spinach add bacon \$6 / mushrooms \$6 / cheese \$3 / sourdough \$5 | \$18 |
| POWER RANGER [VG] Scrambled tofu, sauteed mushrooms, pickled cabbage, kale, asparagus, sourdough, tahini sauce, beetroot hummus | \$21 |
| + 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 / Raw Salmon | \$8 |
| Smokey Pulled Pork | \$7 |

117A ABBOTT ST, CAIRNS CITY QLD 4870 PHONE: (07) 4041 1918

SUNDAY SURCHARGE 10% | PUBLIC HOLIDAY SURCHARGE 15%

| NEW! SHAK SHOUK A 2 Poached Eggs, caramelised potato and onion, parsley, diced tomatoes, garlic and spices [Served with sourdough on side] | \$21 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| DON PABLO [VG/GF] Poached egg, mixed quinoa and rice, chilli beans, avocado, chargrilled corn, tomato salsa, sautéed house cabbage, poached egg, tortilla chips, smokey chickpeas, peri peri • Scrambled Tofu \$6 [V] add hash brown \$5 / halloumi \$6 [V] add grilled chicken \$6 / smokey pulled pork \$7 | \$22 |
| GREEN GODDESS [V/GF] Poached egg, mixed quinoa and rice, charred asparagus, kale, spinach, smashed avocado, edamame, chargrilled corn, tahini • Scrambled Tofu \$6 [VG] add hash brown \$5 / halloumi \$6 [V] / smoked salmon \$8 add grilled chicken \$6 | \$22 |
| POKE BOWL [VG] Mixed quinoa and rice, avocado, chargrilled corn, cherry tomatoes, red cabbage, wakame, edamame, cucumber • roasted sesame dressing or soy sauce add scrambled tofu \$6 [VG] add raw salmon \$8 | \$21 |
| SUMMER SALAD [V/GF] Watermelon, feta, spinach, cherry tomatoes, red onion, spiced nuts, balsamic reduction & oliv add grilled chicken \$6 | \$20 re oil |
| TACOS[3] | \$19 |
| GRILLED CHICKEN Grilled chicken, crunchy slaw, avocado, salsa [tomato & onion], peri peri sauce PULLED PORK Smokey pulled pork, crunchy slaw, cheese, pickled onion, crave sauce | |
| SAY CHEESE BURGER Gourmet Beef Patty, cheese, pickles, caramelised onion, lettuce, tomato, crave sauce, toasted brioche bun [Comes with fries on the side!] | \$25 |
| SIDE CHICK BURGER | \$25 |
| Grilled chicken, fried egg, sauteed spinach, tomato, onion, crave sauce, toasted brioche bun [Comes with fries on the side!] | |
| CHICKEN SAMMY Grilled chicken, bacon, avocado, spinach, peri peri mayo, mini baguette [Comes with fries on the side!] | \$24 |
| + ADD ONS Potato fries + tomato sauce | \$9 / LRG \$13 |

TURN OVER FOR KIDS MEALS, DRINKS & SMOOTHIE BOWLS!

Sweet potato fries + garlic aioli



ALL DAY MENU

OPEN 7AM - 3PM

VG • Vegan / V • Vegetarian / GF • Gluten Free

\$10 **JUICES**

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 ONLY [\$8]

Choose orange, apple, watermelon or pineapple

\$11 **SMOOTHIES**

AMAZON

Acai, banana, coconut water

NEW! DAILY GRIND

shot organic coffee, almond milk, banana, dash of agave, teaspoon of peanut butter

HOLY BERRY

Banana, mixed berries, agave nectar, coconut milk

ISLAND BABY

Orange, banana, mango, passionfruit, coconut water

Fresh apple juice, banana, kale, cucumber

MONKEY BUSINESS

Banana, coconut milk, agave nectar

MANGO LASSI

Mango, coconut yoghurt, agave nectar, coconut milk

PROTEIN SMOOTHIES

MUSCLE BEACH

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

THE BOUNTY

Banana, coconut yogurt, chocolate protein, coconut milk, agave nectar \$13

Protein · Chocolate/Vanilla/Green probiotics [\$2]

Almond Butter [\$2]

Peanut Butter / Nutella [\$1.5]

Chia Seeds [\$1]

Cacao Nibs [\$2]

TROPICAL FRUIT BOWL

Seasonal fruit topped with coconut yoghurt and passionfruit

\$18

KIDS MENU

EGG ON TOAST

Fried, scrambled or poach

NUGS & HUGS

coconut yoghurt

Chicken nuggets and fries

JUICY FRUITS [VG]

Seasonal fruit, granola,

MINI BENNY

Poached egg on ciabatta, sautéed spinach and hollandaise

CHEESE BURGER SLIDERS [2] \$15

Angus Beef sliders, cheese, tomato sauce, toasted brioche bun Served with fries!

SUNSHINE BOWL [VG]

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

ACAI **BOWLS**

CLASSIC \$20

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

NAKED MELON \$20

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

SMOOTHIE BOWLS

NEW! GREEN ISLAND \$20

Avocado, coconut water, banana, kiwi fruit topped with granola, coconut flakes, kiwi fruit, banana and peanut butter

SUNNY DAYS \$20

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

PROTEIN BOWLS

DAIRY FREE & VEGAN FRIENDLY

ALL OUR JUICES, SMOOTHIE & BOWLS ARE

SUNDAY SURCHARGE 10% | PUBLIC HOLIDAY SURCHARGE 15%

PB & J \$22

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 \$22

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

\$6.7

\$7.7

\$5.7

\$7.3

HOT DRINKS

7 MILES COFFEE ROASTER [ORGANIC]

SML \$5 / REG \$5.5 / X-LRG \$6.5 Cappuccino / Flat White / Latte / Mocha / Matcha Long Black SML \$5 / REG \$5.5 Short Macchiato / Piccolo \$4.5 Dirty Chai SML \$5 / MED \$5.5 / LRG \$6.5 Espresso SINGLE \$4 / DOUBLE \$4.5 Babycino

\$15

\$17

\$15

+ ADD

Extra Shot [50c]

Syrup • Caramel / Hazelnut / Vanilla [80c]

MORE HOT

Hot Chocolate Loose Leaf Tea English Breakfast / Green Tea / Chai / Organic Peppermint / Earl Grey

\$2

PLUM PASSION

BLOODY MARY

Davidson plum gin,

passionfruit, lemon, soda

Vodka, tomato juice, lime,

tabasco, worcestershire

SML \$5 / MED \$5.5 / LRG \$6.2

\$15

\$17

SML \$5 / LRG \$6

MORE COLD

Iced Chocolate \$6.7 Coca Cola / Coke No Sugar / Lemonade \$4 Nu Water Sparkling Water \$4.7 Lemon, Lime & Bitters \$5.5

COLD DRINKS

Iced Latte

Iced Mocha

Iced Matcha

+ ADD

Iced Long Black

Extra Shot [50c]

7 MILES COFFEE ROASTER [ORGANIC]

Matcha Flavour: Strawberry / Mango [\$1]

Syrup • Caramel / Hazelnut / Vanilla [80c]

COCKTAILS

MANGO HIGHBALL Tropical gin, mango, lemon, soda

MANGO DAIOUIRI

Bacardi, mango, lime juice, sugar syrup

LYCHEE & GRAPEFRUIT SPRITZ

Grapefruit aperitif, lychee, lime, soda

BEER

| Great Northern | \$8. |
|----------------|------|
| Corona | \$8. |

TURN OVER FOR OUR ALL DAY MENU!