


	COFFEE	S	M	L
	cappuccino, latte, flat white, long black, hot chocolate & chai latte	\$5	\$6	\$7
	mocha, white choc mocha, dirty chai & matcha latte	\$6	\$7	\$8
	piccolo latte & macchiato	\$4.5		
	espresso	\$4		

	CONDENSED MILK ICED COFFEE	S	M	L
	standard	\$7	\$8	\$9
	hazelnut	\$8	\$9	\$10
	creamy caramel	\$8	\$9	\$10

SPECIALTY PRODUCE. QUALITY MATTERS TO US!


Long Shot Coffee
specialty beans roasted right there in Townsville!


Misty Mountains dairy milk
misty mountain dairy farms are a local family-owned company. Their amazing jersey milk is produced in the Atherton Tablelands. Good old-fashioned milk, so the cream rises naturally to the top!


Grounded Pleasures chai powder
seven freshly ground spices blended with organic unrefined jaggery sugar (evaporated sugar cane juice) and natural Sri Lankan tea.


Grounded Pleasures hot chocolate powder
sourced from the best growing regions, this drinking chocolate is made using most of the cocoa bean. The high cocoa butter content gives the cocoa a remarkable texture & flavour.

	ICED DRINKS	S	M	L
	iced latte, iced long black, iced chocolate, iced chai & cold brew	\$6	\$7	\$8
	iced mocha, iced dirty chai & iced matcha	\$7	\$8	\$9
	strawberry matcha	\$8	\$9	\$10

	TEAS	S	M	L
	english breakfast, green tea, earl grey	\$4.5	\$5.5	\$6.5
	iced teas - peach, lemon, mango		\$6	\$7

	SYRUPS			
	vanilla, caramel, white chocolate, hazelnut & salted caramel			\$1

	COFFEE MILKS			
	full cream & skim			0
	lactose free			\$1
	alternative milks - oat, almond, soy, coconut			\$1

	EXTRAS			
	extra shot espresso			\$1
	syrups			\$1
	chai & choc powder			\$1
	vanilla ice-cream			\$3
	whipped cream			\$1
	condensed milk			\$1.5
	coconut condensed milk			\$2



ACAI & SORBET BOWLS

GF (granola dependent) | vegan | DF

mango sorbet bowl \$11

mango sorbet topped with granola of your choice, coconut yoghurt & mango coulis

snickers sorbet bowl \$11

chocolate sorbet topped with granola of your choice, coconut yoghurt, chocolate fudge sauce & peanut butter

acai sorbet bowl \$13

acai sorbet topped with granola of choice, coconut yogurt & mango coulis



FRESH JUICE S \$7.6 R \$9 L \$10

total greens

celery, cucumber, apple, ginger

tutti frutti

watermelon, apple, pineapple, orange

body booster

orange, carrot, pineapple, turmeric

signature beet

beetroot, apple, carrot, ginger



SMOOTHIE MILKS

full cream

skim

lactose free

almond

oat

coconut

soy

coconut water



SMOOTHIES

blended with your choice of milk

wild berry smoothie \$10

black berries, strawberries, blueberries, raspberries, banana & medjool dates

summer mango \$10

mango, passionfruit, pineapple & banana

banana cacao \$10

banana, coconut, cacao, chia seeds & medjool dates

*add peanut butter \$1

*add vegan vanilla protein \$2



PROTEIN SMOOTHIES

choc nut protein \$12

vegan vanilla protein, cacao, banana, coconut, peanut butter, chia seeds, medjool dates, honey

mocha protein \$12

espresso, vegan vanilla protein, cacao, banana, coconut, chia seeds, medjool dates



MILKSHAKES

R L

chocolate, strawberry, \$8.5 \$9.5

caramel & salted caramel

coffee \$9.5 \$10.5



SALADS

chicken salad \$16

steamed chicken breast, feta, sprouts, cherry tomatoes, cucumber, carrot, red onion, mixed salad leaves & vinaigrette

vegan salad \$16

falafels, sprouts, cherry tomatoes, cucumber, carrot, red onion, mixed salad leaves & vinaigrette

frittata & salad \$16

gf veggie frittata, feta, sprouts, cherry tomatoes, cucumber, carrot, red onion, mixed salad leaves & vinaigrette

add avocado to any salad \$3



TOAST & TOASTIES

1

2

avocado, feta & lemon toast \$9 \$16

raisin toast \$6 \$9

chicken, cheese & avo toastie \$10

ham, cheese & tomato toastie \$10

cheese & tomato toastie \$9

bagel with spring onion & \$7

chive cream cheese toasted



BURGERS

cheeseburger \$15

angus beef patty, cheese, pickles, tomato sauce, mustard, onion

chicken & cheese
panko crumbed schnitzel, cheese, garlic aioli, tomato, lettuce \$15

angus beef & salad
angus beef patty, sprouts, cheese, lettuce, tomato, onion, pickles, tomato sauce, mustard \$16

gf bun \$2



HOT CHIPS

1/4

1/2

full

sweet potato hot chips \$4 \$8 \$10

potato hot chips \$4 \$8 \$10

choose sauce:

tomato, bbq, aioli, gravy +\$1



HOT FOOD

1

2

3

hashbrown \$2.5 \$4.5 \$6.5

kids meal - \$13

6 chicken nuggets and potato chips with tomato sauce



LOCALLY OWNED & OPERATED
THANK YOU SO MUCH FOR YOUR SUPPORT