

# summer menu

## epic breakfasts (8:30am - 2:30pm)

### Smashed Avo Sensation

organic avocado, smoked cashew cheese, spinach, turmeric sauce, sauerkraut, cherry tomatoes, goats cheese feta served on organic sourdough **\$17**  
add poached eggs or tofu scramble **\$2**  
add GF paleo or GF sprouted bread + **\$1**

### Green Eggs Bowl (GF, DF, V)

organic kale, baby spinach, quinoa, smashed avo, smoked cashew cheese, carrot, cherry tomatoes, mushrooms, vegan basil pesto, gluten free sprouted bread and your choice of poached egg or tofu scramble **\$18**  
add organic sourdough, GF paleo or GF sprouted bread + **\$1**

### Wild Benedict (DF)

organic rye sourdough, turmeric sauce, mixed salad, sautéed mushrooms, inhouse made wild hollandaise sauce and poached eggs **\$17**  
add GF paleo or GF sprouted bread + **\$1**

### Healthy Breakfast Wrap (GF, V)

Inhouse made gluten free turmeric wrap with your choice of three filling options  
**Vegan** – tofu scramble, avocado, cabbage, carrot, mushrooms, vegan sauce  
**Healthy** – scrambled egg, smoked salmon, cabbage, carrot, fish sauce, avocado  
**Protein** – organic chicken, mushrooms, salad, inhouse made paleo sauce, hemp seeds **\$18**

### Keto Breakfast Plate (GF, DF)

ketogenic Breakfast, consisting of in-house made macadamia keto bread (gf), avocado, kaleonaise sauce, organic mixed salad leaves, smoked salmon, cashew cheese, walnuts and organic poached eggs **\$20**

### Breakfast Bruschetta (DF)

organic sourdough, avocado, vegan basil pesto, tomatoes infused with balsamic vinegar, chilli oil and kale and topped with in-house made kaleonaise sauce **\$17**  
add poached eggs or tofu scramble **\$2**

### The Big Healthy Breakfast

organic marinated beans, avocado, mushrooms, tomatoes, baby spinach, grassed fed paleo sausage, cashew cheese, goats cheese fetta and sauerkraut, organic poached eggs or tofu scramble with either organic sourdough **\$22**  
add GF paleo or GF sprouted bread + **\$1**

### Eggs Your Way

choice of poached, scrambled eggs or tofu scramble served on sourdough bread **\$14**  
add GF paleo or GF sprouted bread + **\$1**  
add macadamia bread + **\$2**

## a little bit of sweetness

### Vegan Waffles (GF, V)

organic plant based and gluten free waffles with organic orange maple syrup, berry compote, seasonal fruits, walnut sesame crumble and coconut cream chantilly **\$18**  
add *CocoWhip* + **\$2**

### Buckwheat Crepes (GF, V)

organic, gluten free buckwheat crepes served with inhouse made vegan choc sauce, berry compote, whipped coconut cream and seasonal fruit **\$17**

### Acai Bowl (V, GF)

organic Acai, banana, coconut, golden granola, whipped coconut cream and seasonal fruits **\$17**  
add peanut butter + **\$1**

### Snickers Bowl (V, GF)

banana, peanut butter, cacao, almonds, vegan chocolate, coconut, buckwheat **\$17**

### Sunshine Bowl (V, GF)

mango, pineapple, banana, coconut, golden granola, fruit and coconut chantilly **\$17**

### Green Hulk Bowl (V, GF)

organic spinach, kale, banana, avocado, macadamia, dates, protein powder and coconut, topped with fruit and coconut chantilly **\$17**

### Black Forrest Bowl (V, GF)

organic cherries, banana, coconut, coconut yoghurt, cacao, cacao nibs, dates, buckwheat **\$17**

## Cocowhip (V, GF)

mini **\$4** regular **\$7** jumbo **\$9**

add granola (choc protein or golden) + **\$1**

add sauce (chocolate, berry) + **\$2**

add peanut butter + **\$1**

### Cocogato

organic coffee, cocowhip, choc granola **\$10**

*please advise staff of any food allergies before ordering*

## lunch (11:30 - 2:30pm)

### The Big Healthy (GF, V)

organic chicken or tofu, mixed salad, carrot, cabbage, cherry tomatoes, kelp noodles, satay sauce and peanuts and sprouts **\$20**

### Vegan Mexican Bowl (GF, V)

black beans, mashed sweet potato, avocado, chilli tomato salsa relish, vegan creamy cheese served with organic corn tortilla chips topped with turmeric sauce **\$19**

### Paleo Burger (GF, DF)

organic grass-fed beef and lamb patty, gluten free paleo bun (house made), tomato, beetroot, lettuce, paleo burger sauce, poached egg and served with sauerkraut, side salad and savory granola **\$22**

### Pulled Jack Burger (GF, V)

organic jackfruit, avocado, beetroot, cabbage slew, , vegan burger sauce, hemp seeds, inhouse made vegan gluten free buns, and served with an organic side salad **\$22**

### The Burger Bowl (GF, V)

paleo meat patty, beetroot, egg, mushrooms, sauerkraut, cherry tomatoes, carrots, tomato and inhouse made paleo burger sauce **\$22**  
swap vegan jackfruit patty and tofu scramble

### Fish Taco (GF)

spicy white poached fish fillet, cabbage slew, tomato salsa, carrots, avocado, kaleonaise, fish sauce, organic corn taco shell **\$20**

### Nourishing Fish Bowl (GF)

organic rocket salad, kelp noodles, walnuts, beetroot, goats cheese, sweet potato cake patty and poached barramundi fillet **\$22**

## sides

mushrooms **\$3** paleo sausage **\$5** avocado **\$5** smoked salmon **\$4**  
chilli **\$2** cashew cheese **\$5** spinach **\$5** kaleonaise sauce **\$4**  
goats feta **\$4**

HILLS  
**Organics**  
Your Organic Hub

# drinks menu

## coffee

**Certified Organic South American Blend**  
flat white | latte | cappuccino | long black \$4 reg | \$4.5 lrg  
espresso | piccolo | macchiato \$3

**Organic Hot Chocolate**  
hot chocolate with your choice of milk \$4.5 reg | \$5 lrg

**Milk Extra**  
organic milk | soy milk | coconut milk | almond milk | macadamia milk .80

## iced coffee

**Iced Coffee**  
coffee, ice, coconut ice cream, your choice of milk, whipped coconut  
cacao nibs \$8

**Iced Latte**  
coffee, ice, milk of your choice \$5

**Iced Long Black**  
coffee, ice, water \$4

**Iced Mocha \$8**

**Iced Chai Latte \$5**

## Teas

**Certified Organic**  
english breakfast | earl grey | peppermint | green tea | chamomile  
lemon ginger \$4

**Herbal Loose-Leaf Tea Organic \$5**

## signature drinks

**Bullet Coffee**  
espresso coffee, grass fed butter, mct oil

**Organic Chai Latte**  
chai latte mix with your choice of milk

**Dirty Chai Latte**  
organic chai latte with a shot of coffee

**Matcha Latte**  
japanese certified organic matcha, almond milk

**Turmeric Latte**  
organic turmeric, pepper, cinnamon, ginger, organic coconut milk

**Velvet Latte**  
organic beetroot, ginger, cinnamon, almond milk

**Coco Coffee**  
organic coffee, coconut oil, coconut butter and organic coconut milk

**\$5 reg | \$5.5 lrg**

## cold pressed juices

**Orange Sky**  
orange, pineapple, lemon turmeric

**Greener**  
spinach, spirulina, kale, cucumber, celery, lemon

**Ruby Tuesday**  
watermelon, apple, pear, rhubarb, lime

**Blood Bank**  
beetroot, ginger, cucumber, lime, green apple

**\$8 each**

*please advise staff of any food  
allergies before ordering*

## smoothies

**Super Banana**  
banana, almonds, maca, cinnamon, almond milk

**Holy Cacao**  
organic cacao, banana, date, almond milk

**Green Machine**  
spinach, kale, green apple, banana, super greens powder, date,  
coconut water

**Protein Powerhouse**  
banana, peanut butter, oats, chia, organic fermented pea protein  
powder, almond milk

**Anti Inflammatory Turmeric Smoothie**  
turmeric, ginger, pepper, cinnamon, banana, mango, almond milk,  
topped with whipped coconut cream

**Berries Bomb**  
organic blueberries, raspberries, strawberries, blackberry, beetroot,  
cashews, dates, almond milk

**Acai**  
organic acai, banana, coconut water

**\$10 each**

## kombucha on tap

organic and raw  
please ask for available flavour \$7 glass | \$12 jug

## organic soft drink

smoked cola | lemon squash | ginger beer

**\$6 each**

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