

# Winter Menu

PLEASE ORDER AND PAY AT THE COUNTER

## Epic Breakfasts (8:30am-2:30pm)

### SMASHED AVO SENSATION

AVOCADO, SMOKED CASHEW CHEESE, SPINACH, TURMERIC SAUCE, SAUERKRAUT, CHERRY TOMATOES AND PERSIAN FETA SERVED ON ORGANIC RYE SOURDOUGH SPRINKED WITH SAVOURY SEEDED GRANOLA \$17

ADD A POACHED EGG \$2 OR TOFU SCRAMBLE + \$3

SWAP FOR GF PALEO OR GF SPROUTED BREAD (2 PIECES) + \$4

### GREEN EGGS BOWL (df)

ORGANIC KALE, BABY SPINACH, QUINOA, SMASHED AVO, SMOKED CASHEW CHEESE, CARROT, CHERRY TOMATOES, MUSHROOMS, VEGAN BASIL PESTO, ON ORGANIC RYE BREAD AND YOUR CHOICE OF ORGANIC POACHED EGGS OR TOFU SCRAMBLE \$20

SWAP FOR SPROUTED BREAD \$2

### WILD EGGS (DF)

ORGANIC RYE SOURDOUGH, TURMERIC SAUCE, MIXED SALAD, SAUTÉED MUSHROOMS, CHERRY TOMATOES INHOUSE MADE WILD HOLLANDAISE SAUCE AND POACHED EGGS SPINKLED WITH SAVOURY SEEDED GRANOLA AND BLACK SESAMES \$17

SWAP FOR GF PALEO BREAD PALEO OR GF SPROUTED BREAD (2 PIECES) + \$2

### BREAKFAST BRUSCHETTA ( DF)

ORGANIC RYE SOURDOUGH, VEGAN BASIL PESTO, TOMATO'S INFUSED WITH BALSAMIC MAPLE VINEGAR, SMASHED AVO AND KALE AND TOPPED WITH INHOUSE MADE KALEONISE SAUCE AND SPINKLED WITH SAVOURY SEEDED GRANOLA \$17

ADD A POACHED EGG \$2 OR TOFU SCRAMBLE \$3

### THE HUMMUS BREAKFAST

ORGANIC RYE SOUDOUGH TOPPED WITH BEET ROOT HUMMUS, CRUMBLLED PERSIAN FETTA SMASHED AVOCADO AND SPRINKED WITH SAVOURY COCONUT GRANOLA \$15

ADD A POACHED EGG \$2 OR TOFU SCRAMBLE \$3

### KETO BREAKFAST PLATE (GF, DF)

KETOGENIC BREAKFAST, CONSISTING OF IN-HOUSE MADE MACADAMIA KETO BREAD (GF), AVOCADO, KALEONISE SAUCE, ORGANIC MIXED SALAD LEAVES, SMOKED SALMON, CASHEW CHEESE AND ORGANIC POACHED EGGS \$20

### THE BIG HEALTHY BREKKY

ORGANIC MARINATED BEANS, AVOCADO, MUSHROOMS, TOMATOES, BABY SPINACH, GRASS FED PALEO SAUSAGE, CASHEW CHEESE, GOATS CHEESE FETTA AND SAUERKRAUT, POACHED EGGS OR TOFU SCRAMBLE WITH ORGANIC SOURDOUGH \$22

ADD GF PALEO OR GF SPROUTED BREAD + \$1

### EGGS YOUR WAY

YOUR CHOICE OF POACHED EGGS, SCRAMBLED EGGS OR TOFU SCRAMBLE SERVED ON ORGANIC RYE SOURDOUGH \$12

ADD GF PALEO OR GF SPROUTED BREAD (2 PIECES) + \$4

## Sides

MUSHROOMS \$3 PALEO SAUSAGE \$5 AVOCADO \$4

SMOKED SALMON \$5 PERSIAN FETA \$4 CASHEW CHEESE \$4

ROASTED SPICED TOFU \$3.00 CHILI POWDER \$1

EXTRA EGG \$2 PALEO BREAD (1 PIECE) \$2 SPROUTED BREAD (1 PIECE) \$2

## A Bit of Sweetness

### VEGAN WAFFLES (GF)

ORGANIC PLANT BASED AND GF WAFFLES WITH ORANGE MAPLE SYRUP, BERRY COMPOTE, SEASONAL FRUITS, WALNUT SESAME CRUMBLE AND COCONUT CREAM CHANTILLY \$18

ADD COCO WHIP + \$2

### PROTEIN POWER PORRIDGE

ORGANIC OATS, QUINOA, CHIA SEEDS, CACAO NIBS, CASHEWS, ALMONDS, WALNUTS SUNFLOWER SEEDS, UNSEEDS, ORGANIC SULPHUR FREE SULTANAS AND CRANBERRIES, SEASONAL FRUIT, BERRY COMPOTE, SERVED WITH YOUR CHOICE OF MILK \$17

### ACAI BOWL (GF, VEGAN, DF)

ORGANIC ACAI, SEASONAL FRUITS, BANANA, COCONUT, GOLDEN GRANOLA AND WHIPPED COCONUT CREAM \$17

### SNICKERS BOWL (GF, VEGAN, DF)

BANANA, PEANUT BUTTER, CACAO, CHOC PROTEIN GRANOLA PEANUTS, VEGAN CHOC SAUCE AND WHIPPED COCONUT CREAM \$17

## CocoWhip

MINI \$4 | REGULAR \$7 | JUMBO \$9

ADD GRANOLA (CHOC PROTEIN OR GOLDEN) + \$1

ADD SAUCE (CHOCOLATE, BERRY) + \$2

### COCOGATO

ORGANIC COFFEE, COCOWHIP, CHOC GRANOLA \$8

HILLS  
**Organics**  
Your Organic Hub

PLEASE ADVISE STAFF OF ANY FOOD ALLERGIES BEFORE ORDERING



# Winter Menu

## DRINKS

### Lunch (11:30am – 2:30pm)

#### **THE BIG HEALTHY (GF, DF, V)**

SLOW COOKED ORGANIC SPICED PULLED CHICKEN OR PULLED JACKFRUIT, MIXED SALAD, CARROT, CABBAGE, CHERRY TOMATOES, KELP NOODLES, SATAY SAUCE, PEANUTS AND SPROUTS \$20

#### **VEGAN MEXICAN BOWL (GF, DF, V)**

ORGANIC BLACK BEANS, MASHED SWEET POTATO, AVOCADO, TOMATO SALSA RELISH, INHOUSE MADE VEGAN CHEESE SERVED WITH ORGANIC CORN TORTILLA CHIPS AND TURMERIC SAUCE \$19

#### **BUDDHA BOWL (GF, DF)**

ORGANIC MIXED SALAD INFUSED WITH A MAPLE LEMON DRESSING, QUINOA KALE MIX, SMASHED AVOCADO, BEETROOT SAURKRUT, PICKLED CARROTS, OVEN ROASTED SPICED TOFU, CHERRY TOMATOS AND TOPPED WITH SATAY SAUCE \$18

**ADD ORGANIC SHREDDED CHICKEN OR JACKFRUIT \$5.00**

#### **PALEO BURGER (GF, DF)**

ORGANIC GRASS-FED BEEF AND LAMB PATTY, GLUTEN FREE PALEO BUN (HOUSE MADE), TOMATO, ROASTED BEETROOT, LETTUCE, PALEO MUSTARD BURGER SAUCE, POACHED EGG AND SERVED WITH SIDE SALAD TOPPED WITH SAVORY GRANOALA \$22

**SWAP ORGANIC CHICKEN PATTY**

#### **THE BURGER BOWL (GF, DF)**

PALEO MEAT PATTY, BEETROOT, EGG, MUSHROOMS, CABBAGE SLEW SALAD, CARROTS, CHERRY TOMATOS AND INHOUSE MADE PALEO BURGER SAUCE \$22

**SWAP PULLED JACKFRUIT**

#### **CHICKEN BROTH AND VEGGIES**

SHREDDED CHICKEN, GREENS, CARROTS, CABBAGE, KELP NOODLES SERVED WITH ORGANIC RYE SOURDOUGH TOAST \$16

**ADD POACHED EGG + \$2**

**HILLS**  
**Organics**  
Your Organic Hub

### Smoothies \$10.00

**SUPER BANANA** - BANANA, ALMONDS, MACA, CINNAMON, ORGANIC ALMOND MILK

**HOLY CACAO** - ORGANIC CACAO, BANANA, ORGANIC ALMOND MILK AND A DATE

**GREEN MACHINE** - SPINACH, KALE, BANANA, SUPER GREENS POWDER, DATE, COCONUT WATER

**PROTEIN POWERHOUSE** - BANANA, PEANUT BUTTER, OATS, CHIA, ORGANIC FERMENTED PEA PROTEIN POWDER, ORGANIC ALMOND MILK

**ANTI INFLAMMATORY TURMERIC SMOOTHIE** - TURMERIC, GINGER, PEPPER, CINNAMON, BANANA, MANGO, ALMOND MILK, TOPPED WITH WHIPPED COCONUT CREAM

**BERRIES BOMB** - ORGANIC BLUEBERRY, RASPBERRY, STRAWBERRY, BLACKBERRY, BEETROOT, CASHEWS, DATES, ORGANIC ALMOND MILK

**ACAI** - ORGANIC ACAI, BANANA, COCONUT WATER

### Cold Pressed Juices \$8.00

**ORANGE SKY** - ORANGE, PINEAPPLE, LEMON, TURMERIC

**GREENER** - KALE, CUCUMBER, CELERY, LEMON, SPINACH, SPIRULINA

**RUBY TUESDAY** - WATERMELON, APPLE, PEAR, RHUBARB, LIME

**BLOOD BANK** - BEETROOT, GINGER, CUCUMBER, LIME, GREEN APPLE

### Teas

#### **CERTIFIED ORGANIC \$4.00**

ENGLISH BREAKFAST | EARL GREY | PEPPERMINT | GREEN TEA | CHAMOMILE | LEMON GINGER

#### **HERBAL LOOSE-LEAF TEA ORGANIC \$5.00**

\***PURIFY** - ROASTED DANDELION, CHICORY, BARLEY, BURDOCK ROOT, GINGER

\***UP** - GREEN TEA, JASMINE DRAGON PEARLS

\***ZZZ** - CHAMOMILE, SPEARMINT, LAVENDER, ROSE PETAL, LEMONGRASS

### Coffee

#### **CERTIFIED ORGANIC SOUTH AMERICAN BLEND**

FLAT WHITE | LATTE | CAPPUCCINO | LONG BLACK | MOCHA \$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 \$1.00

### 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

### Signature Drinks

**BULLETT COFFEE** - ESPRESSO COFFEE, GRASS FED BUTTER, MCT OIL

**ORGANIC CHAI LATTE** - ORGANIC 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, COCONUT SUGAR

**TUMERIC LATTE** - ORGANIC TUMERIC, PEPPER, CINNAMON, GINGER, ORGANIC COCONUT MILK

**VELVET LATTE** - ORGANIC BEETROOT, CINNAMON, GINGER, ORGANIC COCONUT SUGAR, ALMOND MILK

**\$5 REG | \$5.5 LRG**

### Kombucha On Tap

ORGANIC AND RAW

PLEASE ASK FOR AVAILABLE FLAVOUR \$7 GLASS | \$12 JUG