

# HILLS Organics

natural & organic food

## FOOD MENU

### SMASHED AVO

**\$17.00**

Organic Rye Sourdough, smoked cashew cheese, smashed avocado, baby spinach, cherry tomatoes, organic sauerkrut and sprinkled with inhouse made savoury granola

Add Poached or Scrambled Egg \$2.00

Add Tofu Scramble \$2.00

Add Paleo Bread GF (2 pieces) \$4.00

### GREEN EGGS BOWL

**\$20.00**

Organic baby spinach, quinoa, smashed avocado, mushrooms, smoked cashew cheese, sauerkraut, vegan basil pesto on organic rye bread with your choice of poached, scrambled egg or tofu  
Add Paleo Bread GF (2 pieces) \$4.00

### KETO BREAKFAST PLATE

**\$20.00**

Ketogenic breakfast consisting of a inhouse made gluten free keto bread, avocado, wild sauce, mixed salad, smoked salmon, cashew cheese and a poached egg

### HEALTHY SHROOM TOAST

**\$ 16.00**

Oven roasted marinated mushrooms, vegan basil pesto, cashew cheese, baby spinach, cherry tomatoes, served on organic rye sourdough and sprinkled with savoury granola  
Add Paleo Bread GF (2 pieces) \$4.00

### SAVOURY BREAKFAST WAFFLE

**\$17.00**

Poached Eggs, smoked salmon, organic mixed salad, cherry tomatoes served on house made glutenfree cheddar waffles and topped with wild mustard sauce and savoury granola

### EGGS YOUR WAY

**\$12.00**

Poached or scrambled eggs or organic tofu served on organic rye sourdough and cherry tomatoes.  
Add Paleo Bread (2 pieces) \$4.00

### ROASTED TOFU SALAD

**\$ 17.00**

Oven roasted spiced tofu, quinoa and mixed organic salad, carrots, cherry tomatoes topped with savoury granola and maple lemon dressing

### BURGER BOWL

**\$ 22.00**

Organic Beef and lamb patty, avocado, cherry tomatoes, mushrooms, carrots and an inhouse made mustard burger sauce with mixed salad, poach egg, sauerkraut and savory seeded granola

### PROTEIN PORRIDGE

**\$ 17.00**

Organic oats, quinoa, chia seeds, cacao nibs, cashews, almonds, walnuts sunflower seeds, linseeds, organic sulphur free sultanas and seasonal fruit, berry compote, served with your choice of milk

### VEGAN WAFFLES

**\$ 18.00**

Organic vegan and gluten free waffles, served with organic maple syrup, inhouse made berry compote, seasonal fruits and a coconut cream Chantilly

### ACAI BOWL

**\$ 17.00**

Organic acai, seasonal fruits, banana, coconut, chia, golden granola and whipped coconut cream.

### SNICKERS BOWL

**\$ 17.00**

Banana, peanut butter, cacao, Choc protein granola, peanuts, vegan choc sauce and whipped coconut cream

**PLEASE ORDER AND PAY  
AT THE COUNTER**



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## DRINKS MENU

### ORGANIC COFFEE

#### **Alcertified organic south American blend**

Flat White

;Latte

Cappuccino

Long Black

Piccalo (\$3.00)

Espresso (\$3.00)

Macchiato (\$3.00)

Mocha

Hot Chcolate

**R - \$4.00**

**L - \$4.50**

#### **Extras - \$1.00**

Extra Shot

Almond Milk

Soy Milk

Macadamia Milk

Coconut Milk

### SIGNITURE ELIXERS

#### **Bullet coffee**

espresso coffee, grass fed butter, mct oil

**R - \$5.00**

**L - \$5.50**

#### **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

#### **Turmeric latte**

organic turmeric, Pepper, cinnamon, ginger, organic coconut milk

### TEAS

**\$ 4.00**

#### **Certified Organic**

English Breakfast

French Earl Grey

Peppermint

Chamomile

Green Tea

Lemongrass and Ginger

### SMOOTHIES

**\$ 10.00**

#### **Super Banana**

Banana, Almonds, Maca, Cinnamon, organic Coconut Milk

#### **Green Machine**

Spinach, Kale, Banana, Super greens Powder, Date, Coconut Water

#### **Protein Powerhouse**

anana, Peanut Butter, Oats, chia, Organic fermented pea protein powder, organic Coconut milk

#### **Berries Bomb**

Organic blueberry, raspberry, strawberry, Blackberry, cashews, dates, organic almond milk

#### **Acai Smoothie**

Organic Acai, banana, coconut water

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