

37 Armstrongs Road, Seaford

Mon - Fri 6:00am - 2:00pm

Sat - Sun 7:30am - 2:00pm



We are gluten free, dairy free
and vegetarian/vegan friendly!
If you have any dietary requirements,
let us know and we can make you
something yum!

FEELIN' TOASTIE

A selection of seeded bagels are always available in the fridge

*(vegetarian, salmon, meat and
gluten free options available)*

POA

Toasted Bacon Bun

Crunchy toasted linseed bun with bacon,
tomato, mozzarell and aioli (sriracha available)

\$11

Brioche Toastie Varieties

Ham, tasty and mozzarella cheese with
optional dijon mustard

Roast pumpkin, tasty and mozzarella
cheese, spinach and Cajun spices

Salami, tasty and mozzarella cheese, pickles
and tomato (chilli available)

\$8.50

Gluten free bagel

Add avocado

Add egg

Add 1 piece bacon

Add full serve bacon

\$1.50

\$2

\$2

\$2

\$4

LITTLE PEOPLE

Toast with condiments

2 slices of toast with butter or
dairy free spread, jam, peanut butter,
avocado or vegemite

\$6.50

Babychino & Sultanas

\$2

SO SWEET

Fruit Sourdough Toast

Fruit sourdough stuffed with figs and apricots
toasted with butter or olive oil spread
(add honey for 50c)

\$8.50

Waffles

Bacon or berries, vanilla ice cream and syrup

\$14.50

CLASSICS

Classic Avocado

Avo with roasted seeds, salt and
lemon on sourdough toast

\$11.50

Eggs on Toast

Scrambled eggs on buttered
sourdough

\$11.50

Brunch Plate

A collection of your fav brunch items
- check our blackboard for what's on
the plate!

\$16.50

Toast with Condiments

Two slices of sourdough with butter
or dairy free spread jam, peanut
butter or vegemite

\$6.50

Add scrambled eggs

\$3

Add avocado

\$4

Add bacon

\$4

Add halloumi

\$5

Please ask for dairy free/vegan
and gluten free options

SALAD

Magic Bowl **\$14.50**

Shredded veggies, quinoa and avocado topped with a red capsicum dressing and roasted seeds (gluten free, dairy free)

Add scrambled eggs **\$3**

Add bacon **\$4**

Add halloumi **\$5**

Add salmon **\$5**

mix our salad bowls for extra yumminess!

DAIRY FREE SMOOTHIES

Berry Good **\$8**

Blueberries, banana, cashews, cinnamon, vanilla, ice, water

Pina Colada **\$8**

Coconut milk, pineapple, mango, banana, vanilla

Banana Cinnamon **\$8**

Banana, cinnamon, cashews, vanilla, ice, water

Cacao Pow! **\$8**

Cacao, banana, cashews, vanilla, ice, water

FEELIN' THIRSTY

	Small	Large
Black White Mocha Decaf	\$4	\$5

Chai Latte	\$4.50	\$5.50
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Golden Mylk (tumeric latte)	\$4.50	\$5.50
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Hot Chocolate (vegan)	\$3.60	\$4.60
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Organic Tea Selection	\$4	
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Milkshakes		\$5
Real fruit or chocolate		

Iced Americano	\$4	\$5
Dash of milk or served black		

Iced Latte	\$4	\$5
Espresso served over milk with ice		

Iced Chai		\$6.50
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Iced Spicy Cacao		\$6.50
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Iced Coffee Frappe		\$6.50
Milk, ice cream, espresso, vanilla essence		

Iced Chocolate Frappe		\$6.50
Milk, ice cream, cacao, vanilla essence		

Iced Banoffe		\$6.50
Banana, milk, espresso, vanilla		

Nectar Cold Pressed Juices	\$4.50	
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All non dairy or lactose free milks	70c
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Change hot/cold milk	\$1
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HEY HEY!

**For takeaway and pre-orders,
please ring
0432 635 527**

**Specials are available on
our blackboard!**