



all day food menu

house made bircher muesli with fresh fruit, bush honey 13 (V DF)

thick cut toast with preserves 8 (V)

- sourdough / gluten free + 2 / fruit / white

classic bacon and eggs poached or fried on sourdough toast 15

- scrambled + 2

smashed miso avo on sourdough with olive oil and lemon 13 (VE DF V)

pork and fennel sausage, herbed scrambled eggs, sourdough toast served with bengels house chutney 16

buckwheat banana pancakes with coconut yoghurt, berry compote and maple syrup 16 (GF VE DF V)

bengel burger with bacon, egg, swiss cheese, spinach and house chutney on a brioche bun 15

bengels eggs benny with james st deli ham, spinach on english muffins 16

breakfast tortillas, salsa of corn, coriander, tomato, chopped bacon, chilli, poached egg served with bengels secret sauce 16 (DF GF)

rainbow bowl- house cured salmon, kimchi, carrot, mint, watermelon radish, pickled cucumber, sticky rice and poached egg 22 (DF GF)

protein bowl- chicken breast, roast pumpkin, green beans, roast tomato, quinoa tabouleh, poached egg and cumin yoghurt sauce 22 (GF)

green bowl- kale, sautéed broccolini, quinoa, green beans, zucchini, sauerkraut, mushrooms, avocado and toasted nuts served with chilli oil 18 (GF V DF VE)

- add poached egg 2, bacon 3, pork and fennel sausage 4, house cured salmon 6

angus beef burger with secret sauce, tomato, oak lettuce and jack cheese served with crisps 19

classic james street deli ham and swiss cheese sandwich on thick white toast with dijon mustard 11

wrap of the day (please ask our friendly team) 12

salad of the day (please ask our friendly team) 10

extras

poached egg 2, scrambled eggs 4, bacon 3, mushroom 4, avo 4, roast tomato 3
pork & fennel sausage 4, house cured salmon 6

dairy free (DF) | gluten free (GF) | vegetarian (V) | vegan (VE)



drinks menu

shakes 7 | **thickshakes** 9 | **kids** 4.5

salted caramel | choc coconut | vanilla malt

tonic cold pressed juices 8

vital greens: green apple, spinach, cos lettuce, kale, cucumber, celery, parsley, ginger, turmeric and lemon.

immunity: carrot, green apple, lemon, ginger and turmeric.

heart beet: beetroot, green apple, carrot and parsley.

recovery: watermelon, pineapple and mint.

mint cooler: pineapple, cucumber, mint, lemon, chia seeds.

smoothies 9.5

green: kale, banana, spinach, mango, parsley, coconut water

banana nut: banana, cinnamon, peanut butter, honey, almond milk

berry vanilla: mixed berries, banana, vanilla, mint, coconut water

bucha of byron kombucha 5

iced coffees

iced latte 6.5 | iced long black 5 | iced chocolate 6.5 | iced mocha 7

- add ice cream 0.5

cold brew coffee

black 6 | with milk 6.5

coffee ~ single origin available - changing weekly.

cup 3.8 | mug 4.8

extra shot | decaf 0.5

milk 0.5 bonsoy | almond milk | coconut milk | lactose free

chai latte 3.8 | 4.8 tumeric latte 4.8 | 5.8

looseleaf teas 5

english breakfast | earl grey | green | peppermint | lemongrass | chai

PLEASE ASK OUR FRIENDLY TEAM ABOUT BUYING OUR BLEND OF COFFEE BEANS.

WE CAN GRIND FRESH FOR YOU ON YOUR REQUEST ☺