



all day food menu

banana bread with honey and vanilla butter 6
sourdough or fruit toast with preserves 8
rhubarb bircher muesli with yoghurt, fresh apple and honey 14 (V)
classic bacon and eggs on sourdough toast with tomato relish 15
healthy breaky with poached eggs, avocado, spinach, mushrooms and sourdough 17 (V)
breaky burger with bacon, egg, tasty cheese, spinach, dill mayo and tomato relish on a brioche bun 15
avocado smash and poached eggs on sourdough 16 (V)
maple french toast with bacon 14 - add banana 2
bengel's famous fritters with a poached egg and breakfast slaw 18 (V)
eggs benny with ham, bacon or mushrooms, house made hollandaise and spinach on sourdough 16
buckwheat banana pancakes with coconut cream, berry compote, toasted nuts and maple syrup 17 (GF) (VE)
falafel bowl with roasted cauliflower, spicy pumpkin, chickpeas, house-made sweet onion, quinoa and tahini 18 (VE) (GF)
slow roasted lamb and potato toastie with onion jam and feta cheese 16
leg ham and tasty cheese toasted sandwich 12

-check out our treats in the cabinet-

extras

gluten free 2, poached egg 2, scrambled eggs 4, bacon 4, mushroom 4,



avo 5, halloumi 5

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

drink menu

shakes 7 | **thickshakes** 9.5 | **kids** 4.5

salted caramel | choc coconut | vanilla malt | strawberry

sol cleanse organic cold-pressed juices 8.5

love: beetroot, carrot, apple, ginger and lemon

courage: orange, carrot, lemon, ginger and turmeric

radiant: kale, spinach, cucumber, apple, cos lettuce and lemon

freedom: blue spirulina, pineapple, lime and apple

seasonal: ask our staff about our current seasonal juice

smoothie 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

iced coffees

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

- add ice cream 1

coffee ~ single origin available - ask your barista for about our current blend

cup 3.8 | mug 4.8

extra shot 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

ASK OUR TEAM ABOUT BUYING OUR HOUSE BLEND

OF COFFEE BEANS TO TAKE HOME WITH YOU