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Hot Drinks

Coffee

	SMALL	MEDIUM	LARGE
Cappuccino	\$4.50	\$5.00	\$5.50
Flat White	\$4.50	\$5.00	\$5.50
Latte	\$4.50	\$5.00	\$5.50
Long Black	\$4.50	\$5.00	\$5.50
Dirty Chai	\$5.50	\$6.00	\$6.50
Mocha	\$5.50	\$6.00	\$6.50
White Chocolate Mocha	\$6.00	\$6.50	\$7.00

Espresso

Ristretto	\$3.80
Short Black	\$3.80
Macchiato	\$4.50
Piccolo Latte	\$4.50
Affogato or Mocha Affogato	\$5.50



Non - Espresso

Chai Latte	\$5.00	\$5.50	\$6.00
Hot Chocolate	\$5.00	\$5.50	\$6.00
White Hot Chocolate	\$5.50	\$6.00	\$6.50
Turmeric Latte	\$5.50	\$6.00	\$6.50
Green Matcha Latte	\$5.50	\$6.00	\$6.50
Lotus Latte	\$6.00	\$6.50	\$7.00
Babychino	\$2.00		
Minicino (Flavoured milk with marshmallows)	\$3.00		

Extras

Decaf or Extra shot	\$0.70
Soy, Almond, Lactose Free, Oat milk	\$0.90
Flavours (Caramel, Vanilla, Hazelnut)	\$0.90

Loose Leaf Tea \$4.60

English Breakfast, Earl Grey, Chamomile, Green Tea, Peppermint, Lemongrass & ginger

Spiced Chai Tea \$6.50

Chilled Drinks

	SMALL	MEDIUM	LARGE
Iced Latte or Iced Long Black	\$6.00	\$6.70	\$7.40
Iced Mocha or Iced White Mocha (w/ ice)	\$6.50	\$7.20	\$7.90
Iced Coffee (w/ ice cream)	\$6.50	\$7.20	\$7.90
Iced Chocolate (w/ ice cream)	\$6.50	\$7.20	\$7.90
Iced White Chocolate (w/ ice cream)	\$6.50	\$7.20	\$7.90
Iced Mocha or Iced White Mocha (w/ ice cream)	\$7.00	\$7.70	\$8.40
Iced Chai Latte	\$6.50	\$7.20	\$7.90
Iced Matcha Latte	\$7.00	\$7.70	\$8.40
Iced Turmeric Latte	\$7.00	\$7.70	\$8.40
Iced Lotus Latte	\$7.00	\$7.70	\$8.40



Chilled Frappe	SMALL	MEDIUM	LARGE
Espresso Frappe	\$7.00	\$8.00	\$9.00
Chocolate, Caramel or Chai	\$7.00	\$8.00	\$9.00
Mocha or White Choc Mocha	\$8.00	\$9.00	\$10.00
Kit Kat, Cookies n Cream or Tim Tam	\$8.00	\$9.00	\$10.00
Tropical (DF) Mango, pineapple & passion fruit		\$11.00	
Strawberry Mint (DF) Strawberries & mint		\$11.00	
Watermelon (DF) Watermelon & cucumber		\$11.00	
Sparkling Iced Tea (Lemon or Peach)		\$6.00	
Milkshakes (Vanilla, Strawberry, Chocolate, Mocha, Lime, Caramel or Banana)	\$6.00	\$7.00	\$8.00
Add Thickshake \$1, Malt \$1, Protein \$2, Whipped Cream \$0.90			

Signature ThickShakes

Kit Kat Kit Kat thick shake topped with whipped cream & Kit Kat	\$12.00
Oreo Oreo thick shake topped with whipped cream & Oreos	\$12.00
Chocolate Madness Tim Tam thick shake topped with whipped cream & Tim Tams	\$12.00
Caramilk Espresso Caramel & white chocolate espresso thick shake topped with whipped cream & Caramilk cubes	\$12.00
Nutella Nutella & Peanut butter thick shake topped with whipped cream	\$12.00
Biscoff Temptation Lotus Biscoff thick shake topped with whipped cream & Lotus biscuits	\$13.50



Fruit Smoothies

Banana Banana, honey, yoghurt & milk	\$11.00
Mango Mango, banana, yoghurt & milk	\$11.00
Mixed Berry Mixed berries, banana, yoghurt & milk	\$11.00
Acai (DF) Organic Acai berry, guarana, banana, coconut flakes & chia seeds	\$12.00

Protein Shakes (Made with almond milk)

Espresso Dream Banana, coffee, honey & vanilla protein	\$10.00
Brekkie-to-go Banana, oats, peanut butter, honey & vanilla protein	\$12.00
Acai Berry Acai berries, banana, oats, honey, chia seeds & vanilla protein	\$13.00
Fruity Strawberry, banana, mixed berries, honey, chia seeds & vanilla protein	\$13.00

Freshly Squeezed Juices

	MEDIUM	LARGE
The Red - Carrot, apple, celery, ginger & beetroot	\$10.00	\$11.00
Citrus Passion - Orange, lemon & pineapple	\$10.00	\$11.00
Fruit Slammer - Orange, apple, watermelon & pineapple	\$10.00	\$11.00
The Green Dream - Apple, cucumber, kale, spinach & celery	\$10.00	\$11.00
The Energiser - Apple, pear, cucumber, pineapple, lemon & ginger	\$10.00	\$11.00
The Defence - Carrot, orange, lemon & ginger	\$10.00	\$11.00
Create your own	\$10.00	\$11.00

All Day Breakfast

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|---|----------------|---|----------------|
| Toasted Breads 🌱 | \$7.00 | French Toast 🌱 | \$22.00 |
| Variety of toasted breads (White, Brown, Sourdough, Raisin, Turkish or Panini) w/ spreads
Gluten-free \$2 | | Sweet brioche loaf with cinnamon poached pear, seasonal fruits & pistachios with a choice of maple syrup or milk chocolate
Add Maple Bacon for \$7 | |
| Eggs on Toast 🌱🌱 | \$14.00 | Omelette 🌱 | \$22.00 |
| Eggs cooked your way with roasted cherry tomatoes on toasted breads | | Choice of any 3 toppings below with sourdough (ham, tomato, chorizo, bacon, sujuk, cheese, mushrooms, avocado, onion, spinach, feta) | |
| Bacon & Egg Roll 🌱 | \$13.00 | Breakfast Bruschetta 🌱 | \$22.00 |
| Grilled bacon & fried eggs served with aioli & tomato relish | | Classic Italian Bruschetta w/ smashed avo, choice of bacon or smoked salmon, crumbled feta on toasted sourdough drizzled w/ balsamic glaze | |
| Brekkie Burger 🌱 | \$17.00 | Haloumi Stack 🌱 | \$23.00 |
| Fried egg, grilled bacon, lettuce, smashed avocado, tomato, liquid cheese & chipotle mayo | | Toasted sourdough topped w/ grilled haloumi, sautéed mushrooms, smashed avo, roasted cherry tomatoes & a poached egg drizzled w/ balsamic glaze | |
| Granola Bowl 🌱 | \$17.00 | Eggs Benny 🌱🌱 | \$23.00 |
| Crunchy granola paired w/ Greek yoghurt & topped w/ fresh seasonal fruits, coconut flakes, chia seeds & a drizzle of honey
Add peanut butter \$2 | | Your choice of ham, bacon, smoked salmon, sujuk or mushrooms paired with two poached eggs, wilted spinach & hollandaise served on toasted sourdough | |
| Acai Bowl 🌱 | \$19.00 | Salmon Avocado Duo 🌱 | \$24.00 |
| Handcrafted Acai topped w/ crunchy granola, fresh seasonal fruits, coconut flakes, chia seeds and a drizzle of honey
Add protein or peanut butter \$2 | | Toasted sourdough topped w/ cream cheese, smashed avo, wilted spinach, Spanish onion, smoked salmon & a poached egg | |
| Smashed Avocado Stack 🌱🌱 | \$20.00 | Haloumi Corn Fritters 🌱 | \$25.00 |
| Toasted sourdough topped w/ smashed avo, roasted cherry tomatoes, crumbled feta, beetroot hummus & a poached egg drizzled with olive oil | | Two savoury fritters accompanied by zesty guacamole, smoked salmon or bacon & a pair of poached eggs | |
| Smashed Pumpkin Stack 🌱🌱 | \$22.00 | T-Spoon's Mediterranean Breakfast | \$28.00 |
| Marinated smashed pumpkin with spicy harissa labneh, crumbled feta, a poached egg and sautéed kale on toasted sourdough | | Eggs cooked your way, grilled sujuk, lamb kafta, olives, dukkah avocado, cucumber, grilled haloumi, baba ganoush & zaatar pita | |
| Pancakes 🌱 | \$21.00 | T-Spoon's Big Breakfast 🌱 | \$29.00 |
| Duo stack of pancakes topped w/ fresh seasonal fruit, pistachios, a scoop of vanilla ice cream & drizzled with a choice of maple syrup or milk chocolate
Add Maple Bacon for \$7 | | Eggs cooked your way, grilled bacon, grilled haloumi, Spanish chorizo, sautéed mushrooms, wilted spinach, roasted cherry tomatoes, a hash brown & baked beans with a slice of sourdough | |
| Knefeh French Toast 🌱 | \$20.00 | | |
| Indulge in a heavenly slice, filled with sweet cheese, adorned with pistachios, berries, rose petals & drizzled w/ rose water syrup | | | |



Savoury Crepes served with salad

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| Bacon & Spinach | Grilled bacon & spinach crepe topped w/ hollandaise sauce | \$21.00 |
| Ham & Cheese | Ham, cheese & egg crepe topped w/ hollandaise sauce | \$20.00 |
| Spinach & Feta 🌱 | Spinach & feta crepe topped with hollandaise sauce | \$20.00 |
| Chicken Fungì | Grilled chicken and sautéed mushrooms crepe served with creamy mushroom sauce | \$22.00 |


Extras

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| Extra toast, baked beans, aioli, hollandaise, gluten free bread or bun | \$2.00 |
| Ham, mushrooms, avocado | \$4.00 |
| 2 eggs, hash browns, chorizo, chicken | \$6.00 |
| Bacon, smoked salmon, lamb, sujuk & haloumi | \$7.00 |

A Light Bite

Potato Chips 	\$9.00	Classic Bruschetta  	\$16.00
In-house seasoned & served with all time favourite tomato sauce		Traditional Italian bruschetta with crumbled feta on sourdough drizzled with balsamic glaze	
Sweet Potato 	\$12.00	Haloumi Chips 	\$17.00
Fries served with aioli		Crumbed haloumi chips served with tzatziki sauce	
Wedges 	\$13.00	Philly loaded fries	\$19.00
Served with sour cream & sweet chilli		Topped with beef steak, grilled capsicum, sautéed onions & liquid cheese	
Loaded fries	\$16.00		
Topped with bacon & liquid cheese			

All Time Favourites (Available after 11 a.m.)

Salt & Pepper Squid	\$ 23.00	Waffle Chicken	\$24.00
Hand cut strips served with chips, salad & tartare sauce		Southern fried chicken served on waffle w/ maple bacon, liquid cheese, chipotle mayo, creamy coleslaw & sweet potato crisps	
Chicken Schnitzel	\$ 23.00	Kafta Bowl	\$25.00
Crumbed chicken schnitzel served with chips, salad & gravy		Grilled lamb kafta served w/ salad, baba ganoush, zaatar pita & tzatziki	
Fish and chips	\$ 24.00	Atlantic Ocean Salmon 	\$29.00
Barramundi fish fillets in a crunchy batter served with chips, salad & tartare sauce		Crispy skin salmon served w/ basmati rice, wilted spinach, sauteed mushrooms, pumpkin puree & green goddess sauce	



Salads

Chicken Caesar Salad \$22.00

Grilled chicken combined w/ crisp cos lettuce, bacon, a poached egg, crunchy croutons & shaved parmesan, all tossed in caesar dressing

Moroccan Lamb \$ 22.00

Grilled lamb kafta paired w/ fresh spinach, roasted pumpkin, roasted beetroot, cherry tomatoes & Spanish onion with lemon vinaigrette

Pumpkin Haloumi Salad \$ 21.00

Roasted pumpkin, grilled haloumi, mixed leaves, roasted beetroot, chickpeas & Spanish onion with lemon vinaigrette

Chicken Quinoa Salad \$ 22.00

Grilled chicken, mixed leaves, puffed quinoa, Spanish onion, avocado, cherry tomatoes & crumbled feta with lemon vinaigrette

Gourmet Burgers

served with chips

Upgrade to sweet potato fries for \$3

Upgrade to wedges for \$3

Vegetarian

Vegetarian patty, smashed avocado, lettuce, tomato, caramelised onion, beetroot, liquid cheese & chipotle mayo

\$19.00

Southern Style

Southern fried chicken, grilled bacon, lettuce, liquid cheese & garlic aioli on a bed of creamy coleslaw

\$22.00

Ultimate Aussie

Beef patty, lettuce, tomato, caramelised onion, beetroot, liquid cheese & chipotle mayo

\$20.00

The Godfather

Double beef patty, grilled bacon, caramelised onion, lettuce, liquid cheese & barbecue sauce

\$24.00

Gourmet Sandwiches

served with chips

Upgrade to sweet potato fries for \$3

Upgrade to wedges for \$3

Also available in Roll, Panini or Wrap

B.L.A.T.

Grilled bacon, lettuce, smashed avo, tomato & garlic aioli on sourdough

\$22.00

Chicken & Bacon

Grilled chicken, grilled bacon, smashed avo, lettuce, tomato with chipotle mayo on sourdough

\$ 24.00

Haloumi & Mushroom

Grilled haloumi, sautéed mushrooms, smashed avo, wilted spinach, tomato & garlic aioli on sourdough

\$23.00

Steak Sandwich

Beef steak, lettuce, tomato, caramelised onion, beetroot, liquid cheese & chipotle mayo on sourdough

\$ 24.00

Philly Cheesesteak

Beef steak, caramelised onion, grilled capsicum, sautéed onions, liquid cheese & gravy in a hotdog roll

\$ 23.00

Kids Meals (Under 10 years)

Kids toastie

2 slices of white bread toasted with tasty cheese

\$8.00

Waffle

Vanilla ice cream, strawberries, milk chocolate & sprinkles

\$10.00

Fairy Bread

Fresh thick cut buttered white bread with 100's & 1000's

\$8.00

Kids Cheese Burger

Beef patty, liquid cheese, tomato sauce with chips

\$12.00

Chicken nuggets

6 chicken nuggets served with chips & tomato sauce

\$9.00

Kids Chicken Burger

Grilled chicken, tasty cheese, tomato sauce with chips

\$12.00

Kids Pancake

Pancake topped with vanilla ice cream, strawberries, sprinkles & choice of milk chocolate or maple syrup

\$10.00

Kids Brekky

Grilled bacon, a fried egg & a hash brown with toasted white bread

\$12.00

Desserts

served with whipped cream & ice cream

Waffles / Crepes

Cookies & Cream

Served with Oreo cookies & Belgian chocolate

\$17.00

Fruity Indulgence

Served with berries, banana, pistachios & Belgian chocolate

\$18.00

Banana Scoff

Served with Lotus Biscoff, banana & Lotus biscuits

\$19.00

Nutella Indulgence

Served with Nutella & banana

\$19.00

"Please note: 15% surcharge applies on Public Holidays"