

# BREAKFAST

## FROM THE KITCHEN

8AM-12PM

<b>SOURDOUGH TOAST (GFO)</b>	<b>\$7.00</b>
with your choice of vegemite / jams / peanut butter / honey	
<b>PORRIDGE (GF) (V)</b>	<b>\$15.50</b>
creamy almond and coconut oats topped with house-made paleo granola and apricot compote	
add coconut yoghurt <b>+\$2.50</b>	
<b>HANDMADE CRUMPETS (V)</b>	<b>\$19.00</b>
with house-made berry-chia jam, coconut yoghurt and maple syrup	
<b>HOMEMADE BEANS (GFO) (VO)</b>	<b>\$15.50</b>
with avocado, fresh baby spinach and toasted sourdough	
<b>VO</b> = simply no butter on your toast with a dairy-free butter side available	
add a free-range poached egg <b>+\$3</b> / add bacon <b>+\$4.50</b>	
<b>FREE-RANGE EGGS ON TOAST (GFO)</b>	<b>\$12.00</b>
your choice of scrambled / poached / fried eggs on toasted sourdough served with house-made tomato relish	
<b>FREE-RANGE EGGS &amp; BACON ON TOAST (GFO)</b>	<b>\$16.50</b>
your choice of scrambled / poached / fried eggs with bacon on toasted sourdough served with house-made tomato relish	
<b>WOODS VEGAN BREAKFAST (GF)</b>	<b>\$24.00</b>
sautéed quinoa and baby spinach on a balsamic glaze topped with fresh avocado, our house-made beetroot hummus, our toasted seed mix, lemon and sprouts	
<b>WOODS BIG BREAKFAST (GFO)</b>	<b>\$26.00</b>
your choice of free-range scrambled / poached / fried eggs with bacon, house-made beans, house-made potato rosti, mushrooms and tomato on toasted sourdough	
<b>ADD SIDES</b>	
avocado / bacon / house-made beans / house-made potato rosti	<b>\$4.50</b>
mushrooms / tomato / baby spinach (fresh or wilted) / free-range egg (1)	<b>\$3.00</b>
hollandaise sauce / sourdough toast (1)	<b>\$2.00</b>

**PLEASE ORDER AT THE COUNTER WHEN YOU ARE READY**

### DIETARY RESTRICTIONS?

please notify us when you place your order so that we may do our best to accommodate

**GF** = gluten-free   **GFO** = delicious locally made gluten-free bread available **+\$2**

**V** = vegan   **VO** = vegan option

# FROM THE CABINET

**BREAKFAST & LUNCH**  
**ALL DAY – UNTIL SOLD OUT**

<b>YOGHURT CUP (GF)</b>	<b>\$8.00</b>
greek yoghurt layered with brookfarm apricot and macadamia muesli topped with passionfruit coulis and berries	
<b>PALEO GRANOLA CUP (GF) (V)</b>	<b>\$9.00</b>
crunchy house-made paleo granola with house-made seasonal fruit compote and natural coconut yoghurt	
<b>TOASTED 'BENO' BENEDICT PANINI</b>	<b>\$13.00</b>
turkish panini filled with free-range fried eggs, ham, spinach and hollandaise	
<b>TOASTED BREKKIE WRAP</b>	<b>\$14.00</b>
filled with bacon, free-range scrambled egg, baby spinach, hollandaise and tomato relish	
<b>FALAFEL WRAP (V)</b>	<b>\$14.00</b>
filled with falafels, avocado, beetroot, house-made carrot hummus and baby spinach	
<b>PUMPKIN-ZUCCHINI CHIA LOAF (GF) (DAIRY-FREE)</b>	<b>\$5.00</b>
served toasted with a side of butter add smashed avocado topped with our house-made toasted seed mix <b>+\$5.50</b>	
<b>SPINACH &amp; FETA FILO PIE</b>	<b>\$10.50</b>
served hot with a side of house-made tomato relish	
<b>GOURMET SAUSAGE ROLL</b>	<b>\$10.50</b>
served hot with a side of house-made tomato relish	
<b>HAM &amp; CHEESE CROISSANT</b>	<b>\$9.00</b>
available on weekends	
<b>WOODS SALAD (GF) (V)</b>	<b>\$5.00 SIDE / \$10.00 BOWL</b>
wholesome fresh salad (changing daily) (see cabinet)	
<b>WOODS PATTIES, PASTRIES, WRAPS &amp; MORE (GFO) (VO)</b>	
see our cabinet for our full range of wholesome house-made goodies (changing daily) we've got something for everyone, including plenty of gluten-free and vegan options all served with a side of crisp leafy-greens drizzled with our house-made balsamic dressing	

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# SPECIALS

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## **WOODS GOURMET BURGER (GF) (V) \$24.00**

**STEP 1** choose a pattie from our cabinet (selections changing daily)

**STEP 2** choose your bun for us to toast:

- gluten-free sourdough (made locally by *for goodness bake*) **(GF) (V)** or
- sourdough (made locally by *rise and co*) **(V)**

**STEP 3** add a sauce:

- garlic aioli **(GF)** or
- house-made chipotle cashew sauce **(GF) (V)**

**ALL BURGERS ARE SERVED WITH** a citrus dressed slaw, fresh avocado, tomato relish & a side of sweet potato crisps (available to dine-in or take-away)

## **BUDDHA SALAD BOWL (GF) (V) \$10.00**

wholesome fresh salad (see cabinet) (changing daily)

### **ADD TOPPERS:**

smoked chicken **+\$5.50** / avocado **+\$4.50** / sauerkraut **+\$3.00**

beetroot hummus **+\$2.50** / cashew cheese **+\$2.50** / toasted seed mix **+\$2.50**

## **SMOOTHIE BOWL (GF) (V) \$15.00**

### **ACAI / PINK DRAGONFRUIT / HEALTHY SNICKERS**

topped with our crunchy house-made paleo granola and fresh fruit

add protein powder **+\$3.50**

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## **MERMAID BLUE CHAI LATTE \$5.50**

a delicious infusion of sea minerals, blue superfoods and adaptogenic herbs served with organic coconut milk (all milk options available)

## **SUNRISE SMOOTHIE (V) \$9.00**

blended organic coconut milk, mango, pineapple, orange, banana and turmeric

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# COFFEE & HOT DRINKS

**PROUDLY SERVING TOBYS ESTATE COFFEE: WOOLLOOMOOLOO**

**DECAF by TOBYS ESTATE** is available at no extra charge

**MILK OPTIONS:** full cream / lite (99% fat free) / lactose-free

**VEGAN MILK OPTIONS:** almond / soy / coconut **+\$1** macadamia **+\$1.50**

**EXTRAS:** espresso shot **+60c** caramel / hazelnut / vanilla **+60c**

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<b>FLAT WHITE / CAPPUCCINO / LATTE / LONG BLACK</b>	<b>\$4.00 / \$4.70</b>
<b>SINGLE ESPRESSO</b>	<b>\$3.00</b>
<b>DOUBLE ESPRESSO</b>	<b>\$3.50</b>
<b>TRADITIONAL SHORT MACCHIATO</b>	<b>\$3.50</b>
<b>TRADITIONAL LONG MACCHIATO</b>	<b>\$4.50</b>
<b>MOCHA (VO)</b>	<b>\$5.00</b>

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<b>BABYCINO</b>	<b>\$1.50</b>
<b>HOT CHOCOLATE (VO)</b>	<b>\$5.00</b>
<b>CHAI LATTE (VO)</b>	<b>\$4.00 / \$4.70</b>
<b>STICKY PRANA CHAI (PLUNGER)</b>	<b>\$5.00</b>

<b>GOLDEN TURMERIC LATTE (VO)</b>	<b>\$5.50 / \$6.00</b>
a healing 7 spice blend (turmeric, cinnamon, cardamon, vanilla, ginger, chilli, black pepper) served with organic coconut milk & honey (all milk options available)	

<b>GREEN MATCHA LATTE (VO)</b>	<b>\$5.50 / \$6.00</b>
organic pure green tea powder (137 x antioxidants of standard green tea) served with organic coconut milk & honey (all milk options available)	

<b>CHOC-BEETROOT LATTE (VO)</b>	<b>\$5.50 / \$6.00</b>
served with almond milk (other milk options available as requested)	

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<b>TEA – LOOSE LEAF – POT FOR 1</b>	<b>\$5.00</b>
organic english breakfast / french earl grey / gunpowder green / chai masala / lemongrass & ginger / peppermint / zen (chamomile blend) / sunshine (turmeric elixir)	

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# COLD DRINKS

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## COFFEE

<b>ICED LATTE (V0)</b> espresso and milk over ice	<b>\$4.70</b>
<b>ICED COFFEE</b> espresso with milk, icecream and cream	<b>\$7.50</b>
<b>ICED CHOCOLATE</b> woods choc sauce with milk, icecream and cream	<b>\$7.50</b>

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## FRESHLY SQUEEZED JUICE

<b>TROPICAL</b> watermelon, pineapple, apple, orange	<b>\$8.00</b>
<b>IMMUNE</b> orange, lemon, ginger, carrot	<b>\$8.00</b>
<b>CLEANSER</b> beetroot, celery, carrot, apple	<b>\$8.00</b>
<b>CREATE YOUR OWN JUICE</b>	<b>\$8.00</b>
apple / orange / pineapple / watermelon / beetroot / carrot / celery / lemon	

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## SUPER SMOOTHIES

<b>PINK (V)</b> almond milk, strawberries, raspberries, banana, cacao nibs	<b>\$9.00</b>
<b>GREEN (V)</b> coconut water, spinach, mango, banana, chia seeds	<b>\$9.00</b>
<b>COCOCOFFEE (V)</b> coconut milk, espresso, cacao powder, banana, medjool dates	<b>\$9.00</b>
<b>HEALTHY SNICKERS (V)</b> almond milk, medjool dates, peanut butter, banana, cacao	<b>\$9.50</b>
add protein powder	<b>+\$3.50</b>

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## CLASSIC SMOOTHIES

<b>BANANA / MANGO / STRAWBERRY / RASPBERRY / BLUEBERRY / MIXED BERRY</b>	<b>\$9.00</b>
blended with milk, icecream, vanilla yoghurt and honey	

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## MILKSHAKES

<b>VANILLA / STRAWBERRY / SPEARMINT / CHOCOLATE / CARAMEL / BANANA</b>	<b>\$6.50</b>
blended with milk and icecream	

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