



*Buckwheat  
crispy wraps*

### **TASSIE SALMON WRAP**

Salmon, Red Cabbage, Carrots,  
Alfalfa Sprouts, Seasonal Green  
Salad, Coconut Sauce  
(egg based) \$19

### **OSAKA OKONOMIYAKI WRAP**

Red Cabbage, Carrots, Alfalfa  
Sprouts, Veggie Sauce, Japanese  
Mayo, Organic Egg, Bonito Fish  
Flakes, Seaweed \$19

### **MUSHTRUFFLE WRAP**

Pulled Mushrooms, Seasonal Green  
Salad, Red Cabbage, Carrots,  
Alfalfa Sprouts, MushTruff Sauce  
(soy based), Organic Egg  
VEGAN No Egg > Avo \$17-\$19

### **ROMA WRAP**

Seasonal Green Salad, Tomato,  
Prosciutto, Parmesan Grana  
Padano, Extra Virgin Olive Oil,  
Pepper \$19

### **AUSSIE WRAP**

Short Cut Bacon, Seasonal Green  
Salad, Tomato, Japanese Mayo,  
Coleslaw, Pepper, Organic Egg \$19

### **GENOVA PESTO WRAP**

Goat Feta, Red Cabbage, Carrots,  
Alfalfa Sprouts, Seasonal Green  
Salad, Tomato, Pesto (vegan)  
VEGAN No Feta > Avo \$17-\$19

### **BASIL TOMATO CHEESE WRAP**

Seasonal Green Salad, Mozzarella,  
Tomato, Pesto \$19

### **EXTRAS**

<u>\$1</u>	<u>\$2</u>
Avocado	Sauce
Spring Onion	Mushroom
Tomato	

<u>\$3</u>	<u>\$4</u>
Feta	Bacon
Parmigiano	Prosciutto
Mozzarella	Salmon
Organic Egg	

# CVH

## ORGANIC COFFEE BY QUEST

Small \$4.5  
Large \$5.5  
Extra Large \$6.5  
Alternate Milk \$1  
+ medicinal mushroom \$3

## ORGANIC SINGLE ORIGIN COFFEE ~ BATCH BREW

Regular \$5 ♥ second cup on us

## STICKY MASALA CHAI OR ROOIBOS CHAI BY MAYDE

A medley of black tea or rooibos, spices, milk and honey/maple  
Regular \$7 Large \$8

## TRIBAL MOON PURE CEREMONIAL GRADE CACAO

Criollo Cacao from Northern Peru, milk, honey/maple, rose drops  
Regular \$7 Large \$8  
+ medicinal mushroom \$3

## HANNARI PREMIUM GRADE MATCHA

Uji matcha kneaded by bamboo whisk, milk, honey/maple, rose drops  
Regular \$7 Large \$8

## GARDEN TEA

Hand picked mint and lemon balm mixed with organic ginger, lemon and honey  
For 1 \$5 For 2 \$7 For 4 \$12

## ORGANIC TEA BY NATUROPATH KATE DALTON

English Breakfast  
Australian Native  
Green Sencha, Jasmine and Rose  
Digest \$6

## HOUSE MADE ORGANIC COLD PRESSED JUICE

See fridge for weekly creation \$9

## SMOOTHIE

BLUSH: Superfood Maqui, date, beetroot, slippery elm, banana, berries, coconut water, rose drops \$10  
+ sea moss \$3

GREEN GODDESS: Hippocrates alkaline wheatgrass, kale, mango, date, banana, mint, coconut water, dried coconut \$10  
+ sea moss \$3

## FRAPPE

CHOC MALT: Vegan ice cream, coconut milk, cacao, malt, cacao nibs, rose drops \$10  
+ coffee \$2 + sea moss \$3  
+ medicinal mushroom \$3

MATCHA LOVE: Organic Shizen matcha, vegan ice cream, coconut milk, date, rose drops \$10  
+ sea moss \$3