



Buckwheat
crispy wraps

TASSIE SALMON WRAP

Salmon, Red Cabbage, Carrots, Alfalfa Sprouts, Seasonal Green Salad, Coconut Sauce (egg based) \$20

OSAKA OKONOMIYAKI WRAP

Red Cabbage, Carrots, Alfalfa Sprouts, Veggie Sauce, Japanese Mayo, Organic Egg, Bonito Fish Flakes, Seaweed \$20

MUSHTRUFFLE WRAP

Pulled Mushrooms, Seasonal Green Salad, Red Cabbage, Carrots, Alfalfa Sprouts, MushTruff Sauce (soy based), Organic Egg
VEGAN No Egg > Avo \$18-\$20

ROMA WRAP

Seasonal Green Salad, Tomato, Prosciutto, Parmesan Grana Padano, Extra Virgin Olive Oil, Pepper \$20

AUSSIE WRAP

Short Cut Bacon, Seasonal Green Salad, Tomato, Japanese Mayo, Coleslaw, Pepper, Organic Egg \$20

GENOVA PESTO WRAP

Goat Feta, Red Cabbage, Carrots, Alfalfa Sprouts, Seasonal Green Salad, Tomato, Pesto (vegan)
VEGAN No Feta > Avo \$18-\$20

BASIL TOMATO CHEESE WRAP

Seasonal Green Salad, Mozzarella, Tomato, Pesto \$20

EXTRAS

\$1 Avocado Spring Onion Tomato

\$2 Sauce Mushroom

\$3 Feta Parmigiano Mozzarella Egg

\$4 Bacon Prosciutto Salmon

Organic Buckwheat Super Seed 100% Gluten Free Home-made Sauces Fresh Ingredients Wrapped with L♥VE

CVH

ORGANIC COFFEE BY QUEST

Small \$4.5
Large \$5.5
Extra Large \$6.5
Coconut Cold Brew \$7
+ alt milk \$1 + shilajit \$3
+ Mason's Mushrooms \$3

ORGANIC SINGLE ORIGIN COFFEE ~ BATCH BREW

Large \$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 Reg \$7.5 Lge \$8.5
+ shilajit \$3 + frankincense \$3

TRIBAL MOON PURE CEREMONIAL GRADE CACAO

Criollo Cacao from North Peru, milk, honey/
maple, rose drops Reg \$7.5 Lge \$8.5
+ Mason's Mushrooms \$3 + shilajit \$3
+ frankincense \$3

ZENWONDERS PREMIUM GRADE MATCHA

Uji matcha whisked, milk, honey/maple,
rose drops Reg \$7.5 Lge \$8.5

FRESH MEDICINAL TEA

GARDEN TEA: Hand picked mint, lemon balm,
organic ginger, lemon and honey
For 1 \$6 For 2 \$8 For 4 \$14

IMMUNITY ELIXER: organic ginger, turmeric,
honey, lemon and cinnamon \$5

ORGANIC TEA BY NATUROPATH KATE DALTON

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

HOUSE MADE ORGANIC COLD PRESSED JUICE

See fridge for weekly creation \$10

SMOOTHIE

BLUSH: Superfood Maqui, date, beetroot,
slippery elm, banana, berries,
coconut water, rose drops \$11
+ sea moss \$3 + shilajit \$3

GREEN GODDESS: Hippocrates alkaline
wheatgrass, kale, mango, date, banana,
mint, coconut water, dried coconut \$11
+ sea moss \$3 + bee pollen \$2

MORNING DEW: Flaxseed, banana,
blueberries, peanut butter, chia,
honey, milk and yoghurt \$11
+ sea moss \$3 + bee pollen \$2

FRAPPE

CHOC MALT: Vegan ice cream, coconut milk,
cacao, malt, cacao nibs, rose drops \$11
+ coffee \$2 + sea moss \$3
+ Mason's Mushrooms \$3 + shilajit \$3

MATCHA LOVE: Organic Uji matcha,
vegan ice cream, coconut milk, date,
rose drops \$11
+ sea moss \$3