



WELCOME TO THE A TEAM



MENU

AVAILABLE ALL DAY

BREAKFAST

FRUIT TOAST	7.5
w cinnamon butter	
TWO FREE-RANGE EGGS (GFO)	12
poached, scrambled or fried on your choice of sourdough or multigrain toast (GFO) — +2.0	
HOUSE MADE GRANOLA (DFO)	18.5
w mango turmeric yoghurt + seasonal fruit (DFO) — coconut yoghurt +2.0	
CHIA + COCONUT PORRIDGE (DF)	18.5
w apple puree, rhubarb, coconut yoghurt + granola	
AVOCADO, FETTA + MINT (GFO)	20.9
w a poached egg on seeded toast, topped w currants, pickled zucchini salad + toasted pepitas add bacon +3.0	
CLASSIC BENEDICT (GFO)	18.9
2 poached eggs, leg ham, house made hollandaise on sourdough *substitute leg ham for bacon / smoked salmon +3.0	
A TEAM BREAKY	24.5
2 free-range eggs (poached, scrambled or fried) on sourdough w bacon, mushroom, cheese kranksy + cheesy hash brown	
MEDITERRANEAN BREAKFAST	24.5
2 free-range eggs (poached, scrambled or fried) w labneh, grilled halloumi, sujuk, shayfora, shaved cucumber, heirloom tomato, marinated olives + zaatar herbed bread	
MEXICAN SCRAMBLE (GFO)	18.9
chipotle scrambled eggs w corn and black bean salsa, manchego cheese + chargrilled sourdough add jalapenos +1.0	
RICOTTA HOTCAKE	22.5
served w passionfruit labneh, berry compote, lemon curd, maple + pistachio crumble (please allow 15min)	

WAFFLES 17.5

SPECIALITY FRIED WAFFLES SERVED W ICECREAM

LOTUS BISCOFF

lotus biscoff spread, crushed biscuit, seasonal berries

GOLDEN GAYTIME

golden gaytime icecream, crushed peanuts, caramel sauce, nutella + seasonal berries

BRUNCH

BRUNCH BOWL (GF)	18.9
brown rice, almonds, spinach, edamame, smashed pumpkin, avocado, poached egg, super seeds + green goddess dressing add grilled chicken / smoked salmon +6.0	
TORTILLAS (GFO) – 3 SERVES	19.5
crumbed halloumi or crispy chicken w slaw, corn + bean salsa, jalapenos, chipotle mayo + pickled onion (GFO) — Grilled Halloumi OR Grilled Chicken	
BRUNCH BRUSCHETTA (GFO)	20.9
2 poached eggs, heirloom medley tomato, red onion, zaatar, avocado, chili labneh, pomegranate + balsamic on sourdough	
BOWL OF CHIPS	8.5
chips served w tomato sauce add Aioli +2.0	
STEAK CIABATTA	26.5
steak, caramelised red onion, sauteed mushroom, lettuce, tomato + creamy pepper sauce, served w chips	
KOREAN CHICKEN BURGER	21.9
w slaw, sticky sriracha glaze, aioli, served w chips	
WAGYU BEEF BURGER	21.9
w bacon, American cheese, honey mustard mayo, ketchup, lettuce, tomato, pickles, served w chips	
BLAT SANDWICH (GFO)	13.9
bacon, lettuce, avocado, tomato + aioli on toasted sourdough add fried egg & relish +3.0 add side of chips 3.5	
POACHED CHICKEN SANDWICH	16.5
w swiss cheese, lemon mayo, avocado, tomato, lettuce on toasted sourdough add side of chips 3.5	
EGG + BACON MILK BUN	10.9
w cheese, bbq sauce + aioli	

SIDES

SMOKED SALMON	6	VEGAN FETTA	6
GRILLED CHICKEN	6	HOLLANDAISE	3
BACON RASHER	3	MARINATED FETTA	3
GF TOAST (2)	2	EXTRA EGG	3
SPINACH	4	MUSHROOMS	4
AVOCADO	4	ROASTED TOMATO	4
HALLOUMI	4.9	GRILLED TOFU	4.9
CHEESE KRANKSY SAUSAGE	4.9	CHEESY HASHBROWN	4.9

** PLEASE MAKE ALL ALLERGIES KNOWN TO STAFF: We are very careful but cannot guarantee products to be allergen free**

10% SUNDAY SURCHARGE - 15% PUBLIC HOLIDAY SURCHARGE

VEGAN MENU

AVAILABLE ALL DAY

HOUSE MADE GRANOLA w coconut yoghurt + seasonal fruit	18.5
CHIA & COCONUT PORRIDGE w apple puree, rhubarb, coconut yoghurt + granola	18.5
AVOCADO + MINT SMASH served w vegan fetta, roasted tomato + toasted pepita seeds on seeded multigrain toast w pickled zucchini + currant salad	20.9
VEGAN BRUSCHETTA grilled tofu w vegan fetta, heirloom medley tomato, red onion, zaatar, avocado, pomegranate + balsamic on sourdough	20.9
MEDITERRANEAN BREAKFAST w grilled tofu, shaved cucumber, heirloom tomatoes, marinated olives, zaatar herbed bread, smashed avocado + macadamia & cashew vegan fetta	24.5
BRUNCH BOWL (GF) grilled tofu w brown rice, almonds, spinach, edamame, smashed pumpkin, avocado, super seeds + green goddess dressing	18.9
GRILLED TOFU TORTILLAS GF – 3 SERVES w slaw, corn + bean salsa, jalapeños, vegan chipotle mayo + pickled onion	17.9
BOWL OF CHIPS chips served w tomato sauce	8.5

ADDITIONS

MACADAMIA + CASHEW VEGAN FETTA	6	GLUTEN FREE TOAST	2
MARINATED GRILLED TOFU	4.5	SAUTÉED SPINACH	4
AVOCADO	4	SMASHED PUMPKIN	4
ROASTED TOMATO	4		

BEVERAGES

HOT DRINKS

FIVE SENSES COFFEE house blend (dark horse)	R. 4.3 L. 5.2
SINGLE ORIGIN ask our friendly staff about this weeks single origin	4.3
LONG BLACK	R. 4 L. 4.8
ESPRESSO	3.8
ALTERNATIVE BREWS cold brew batch brew	R. 4.5 L. 7 R. 5.5 L. 7
DECAF decaffeinated using indirect process	4.3
MATCHA LATTE japanese green tea powder w milk	4.4
GOLDEN GRIND LATTE ground tumeric powder w milk	4.4
BEETROOT BETTY LATTE organic, gf, caffeine free, no sweeteners or fillers	4.4
ALTERNATIVE MILKS soy milk +.70c almond milk +.90c lactose-free milk +90c oat milk +90c	
SYRUPS vanilla, caramel, or hazelnut	+ 0.7
ORGANIC LOOSE LEAF TEA english breakfast, earl grey, green, chamomile, lemongrass + ginger, peppermint	4.6
PRANA CHAI MASALA BLEND	6
SPICED CHAI LATTE	4.3
HOT CHOC 100% natural, df + gf powder, 33% cocoa	4.3
MOCHA 100% natural, df + gf powder, 33% cocoa	4.4
ICED COFFEE / ICED CHOCOLATE served w ice cream	6.6

ORGANIC RIVERIA

SWEET WATERMELON / PINK GRAPEFRUIT **5.5**
POMEGRANATE BLUEBERRY /
GOLDEN PINEAPPLE / MANGO ELDERFLOWER

SMOOTHIES

BANANA + BLUEBERRY **9.5**
w coconut yoghurt, almond milk + honey

JUICES

FRESHLY SQUEEZED EVERGREEN — celery, apple, lemon, cucumber + ginger	10.9
LIQUID SUNSHINE — carrot, orange, lemon + ginger	10.9
REFRESH — watermelon, pineapple, orange + lemon	10.9
FRESH ORANGE / APPLE	8.9
EMMA + TOMS	4.5
CLOUDY APPLE ORANGE KICK STARTER — apple, orange, pineapple, banana, blueberry, passionfruit + purple carrot	
GREEN POWER — apple, banana, passionfruit, plum, lemon, spirulina + spinach	
KARMARAMA — orange, pineapple, mango, banana, passionfruit + ginseng	

FIZZERS

LEMONADE	3.5
COCA COLA/ COCA COLA ZERO	3.5
ORGANIC LEMON, LIME + BITTERS	4.5
ORGANIC GINGER BEER	4.5

MILKSHAKES

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CHOCOLATE / VANILLA / BANANA STRAWBERRY / CARAMEL	

WATER

MINERAL WATER	4
BOTTLED WATER	3.2