

## BREKKY (8-2)

### TOAST W/ BUTTER, AND SPREADS / 10

(DFO GFO)

### FRUIT TOAST W APPLE BUTTER / 12

### GRANOLA & COCONUT YOGHURT

w/ seasonal fruits (GF, VGN, NF) / 17

### EGGS YOUR WAY w/ poached, scrambled eggs or

tofu scramble on sourdough (GFO, DFO, GF BREAD +4) / 14

### HASH STACK House made potato rosti, smoked

salmon or pulled pork, poached eggs, spinach,  
hollandaise (GFO, DF) / 26

### SMASHED AVO on sourdough w/ roasted cherry

tomatoes, buffalo mozzarella, basil, balsamic reduction  
(GF BREAD + 4, DFO) / 24

### BRAT Bacon, avo, rocket, tomato, aioli, relish, tasty,

on a ciabatta roll w/ hash brown (DFO) / 22

### HARVEST BOWL w, quinoa, pumpkin hummus,

roast carrot, cauliflower, spinach, beetroot marmalade,  
halloumi (V, GF, NF VGN) / 25

### VEGAN BREKKY w/ scrambled tofu, roast

tomatoes, mushrooms, hash brown (VGN, NF, GFO\*) / 25

## EXTRAS

Salmon, halloumi, bacon, avocado /5.5 each

Gf bread (2 slices) /4

Mushrooms, roast tomato /4.5 each

extra egg /3 · Hash brown, hollandaise, relish /2

## LUNCH (11.30-2)

### PORK TACOS (3)

pork, slaw, guacamole, chipotle  
mayo, pico de gallo, feta, corn tortillas  
(GF, DFO, VGN MUSHROOM OPTION) / 23

### CHICKEN BURGER crispy chicken

tenders, slaw, tomato, American cheese,  
sriracha mayo w/ fries / 23

### PORTOBELLO MUSHROOM BURGER

Halloumi, roast capsicum, mixed leaves, beetroot  
marmalade, herb mayo w/ fries (VGN DFO) / 23

### THAI BEEF SALAD mixed leaf, shallots, mint,

coriander, cherry tomatoes, cucumber, Thai dressing,  
fried shallots (GF, DF) / 22

## HOT DRINKS

### COFFEE / HOT CHOCCIE

CUP / 4.5 MUG / 5.5

extra shot, oat, soy, almond, coconut, lactose free +0.5

### MATCHA OR TUMERIC LATTE / 6

### 'PRANA' AGAVE CHAI LATTE / 6

### ORGANIC LOVE TEA / 5

English breakfast, earl grey, chamomile, peppermint,  
green tea, lemongrass & ginger, tumeric

### BUBBACINO / 2

**CHECK OUT THE DISPLAY CABINET/FRIDGE  
FOR MORE FOOD & DRINK OPTIONS**

# ONDA

FOODHOUSE



## COLD DRINKS

### JUICES / 9 (VGN, GF)

**IMMUNITY** Orange, pineapple, carrot,  
ginger, lemon, turmeric

**GREEN MACHINE** Kale, apple, mint,  
pineapple, ginger

**BEET IT** carrot, beetroot, celery, ginger, orange

### SMOOTHIES / 11 (VGN, GF)

**CHOC PEANUT** Banana, cocoa powder, dates  
peanut butter, sea salt, almond milk

**SUNNY BOY** mango, pineapple, passion fruit,  
orange juice, banana

**GUMBI** mango, protein powder, spinach, dates,  
goji, coconut milk

**BERRYYYYY NICE** mixed berries, apple juice,  
coconut yoghurt, mint

### CHEEKY MONKEY (KIDS SIZE / 7)

Banana, ice cream, cinnamon, honey

### ICE CHOCOLATE/COFFEE / 8

### MILKSHAKES KIDS / 7 ADULT / 9

Chocolate, Vanilla, Lime, Strawberry, Caramel, Blue heaven

Note: every precaution is taken to cater for allergies, however, we cannot guarantee any meal is 100% free from a particular ingredient if it is used in our kitchen. Please inform staff of the severity of allergies and note that in general we recommend allergy sufferers not to eat anything prepared in our kitchen if the ingredient is used on our premises.