



## Light Delights

v. vege, df

**Blueberry & Coconut Bircher Muesli** \$13.75  
Overnight coconut milk soaked oats, blueberries and agave topped with blueberry compote, seasonal fruit and toasted almonds

vege

**Granola & Yogurt Bowl** \$13.75  
Greek yogurt, chia-honey, house-baked granola, berries & banana

## Toasts with the Most

vege

**Smashed Avo Toast** \$16.75  
Avocado tossed with feta, lime, cilantro on top of thick cut multigrain toast. Garnished with pickled onion, radish, pumpkin seeds and beetroot hummus

Add Poached Egg \$3

**Salmon Eggs** \$18.75  
Smoked salmon and two soft poached eggs on rye sourdough with dill yogurt and pickled red onion. Served with best of seasons green salad

Add Avocado \$4.5

## Belgian Waffle

vege

**DOUBLE STACKED Belgian Waffle** \$15  
House-baked double stacked Belgian waffle, maple butter, blueberry compote, oat crumble with mascarpone & cacao

# Rise & Grind, Legends

## Eggy Brekkies

Classic Breakfast

Your choice of poached or scrambled eggs on sourdough or multigrain toast, plus your choice of bacon, chicken sausage or avocado. Served with best of seasons green salad

\$15.5

vege

**Eggs Your Way**

Poached or scrambled eggs on sourdough, multigrain or cheddar biscuit

\$10

vege

**Morning Glory Bowl**

Couscous, kale, pickled cabbage, miso mushroom, avocado, feta, beet hummus, pumpkin seeds, poached egg, zaatar pita chips, lemon herb dressing

\$17

**Cast Iron Chorizo Baked Eggs**

Chorizo sausage, poached eggs, red pepper, potato, cannellini bean, feta, spinach, toasted almonds and aioli, pickled onion. Served with toasted sourdough

\$18

Add Bacon \$5

**Green Goddess Shakshuka**

Tomatillo, poblano, cannellini beans, kale, spinach, dill yogurt, feta, poached eggs, pickled onion, pumpkin seeds, zaatar pita chips

\$16.5

**Big Brekkie**

Two poached eggs, multigrain toast, bacon, chicken sausage, smashed avocado, chorizo baked beans and miso mushrooms, topped with a herb and fresno chili garnish

\$23

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**Plant Powered Big Brekkie**

Two poached eggs, multigrain toast, smashing avocado, feta, miso mushrooms, pickled cabbage, verde baked beans, topped with a herb and fresno chili garnish

\$20.5

**Cheddar Biscuit Brekkie Sandwich**

Soft scrambled eggs, cheddar cheese, thick cut bacon and house-made tomato chutney on a fresh baked cheddar-chive biscuit. Served with best of seasons green salad.

\$17

Add Avocado \$4.5

**Sausage & Egg Cheddar Biscuit Sandwich** \$18

Soft scrambled eggs, cheddar cheese, chicken & apple sausage, house-made tomato chutney and jalapenos on a fresh baked cheddar-chive biscuit. Served with best of seasons green salad.

Add Avocado \$4.5

## Hollandaise Heaven

**BBQ Pulled Pork Benny** \$18.75

BBQ pulled pork, soft poached eggs, pickled red onion, avocado, cilantro, chipotle hollandaise, pickled jalapeno served on our signature cheddar biscuit. Served with best of seasons green salad

**Smoked Salmon Benny** \$19.25

Smoked Atlantic salmon, poached eggs, avocado and hollandaise served on our signature cheddar biscuit. Served with best of seasons green salad

vege

**Smashing Avo Benny** \$17.5

Smashed avocado, poached eggs, hollandaise, served on our signature cheddar biscuit, garnished with beet hummus. Served with best of seasons green salad

Add Avocado \$4.5

**Eggs Benny Classic** \$16.5

Thick cut smoked bacon, soft poached eggs, hollandaise, served on our signature cheddar biscuit. Served with best of seasons green salad

**Smashing Avo Benny** \$17.5

Smashed avocado, poached eggs, hollandaise, served on our signature cheddar biscuit, garnished with beet hummus. Served with best of seasons green salad

Add Avocado \$4.5

## Peckish?

Smoked Bacon \$5  
Poached Egg \$3  
Scrambled Eggs \$5  
Sourdough Toast \$4

Chicken Sausage \$6  
Smoked Salmon \$6  
Avocado \$4.5

Cheddar Biscuit \$5  
Side Fruit \$5  
Side Salad \$5

## The Vegemite Experience

**Vegemite Flight** \$8  
Vegemite on our cheddar biscuit three ways; with butter, with cheese and with smashed avocado

You Beaut! Citizens

A CITIZENS FAVORITE!



## Salads

v. vege, df, gl

**Wellness Bowl**

Chopped kale, spinach, chilled red quinoa, avocado, pickled beet, pickled cabbage, lemon herb dressing

\$15.5

Add Smoked Salmon \$6

df

**Miso Chicken**

Kale, wild rice, braised chicken, blueberries, radish, sesame almonds, miso vinaigrette

\$18.25

Add Avocado \$4.5

**Harissa Chicken**

Grilled Harissa chicken, couscous, roasted vegetables, pomegranate, kale, herbs, medjool dates, pistachio, balsamic vinaigrette garnished with greek yogurt, zaatar and lemon

\$18.75

Add Avocado \$4.5

**Farmers' Bowl**

Kale, wild rice, pulled chicken, green apple, radish, chopped dates, feta, balsamic vinaigrette, toasted almonds

\$17.5

vege

**Shroom Shroom Bowl**

Kale, wild rice, basil, portabello mushroom, pickled beet, pickled cabbage, toasted almond, miso vinaigrette, citrus

\$16.5

For parties of 6 or more, an gratuity of 20% will be added to your party. If you would like this removed, please let your server know

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition

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## Liquid Confidence

+21 ONLY, SORRY KIDDOS!

### FLUFFY COCKTAILS

Classic cocktails made with our fresh pressed fluffy juice. Highly recommended

**Whipped Paloma**

Whipped pink grapefruit juice gets a Tequila Hug, lime, salt

\$16

**Fluffy Pineapple Marg**

Whipped pineapple juice, lime, Espolon blanco, black lava salt

\$16

**Golden Hour**

Whipped orange juice, Tito's vodka & Aperol

\$16

**Cloud Nine**

Zubrowka vodka, bison grass, cloudy green apple

\$16

**Whipped Negroni**

Hendricks gin, campari, whipped orange

\$16

## COFFEE & NON-ALCOHOL

Want iced?

Adding ice to hot stuff makes hot stuff iced

## FLUFFY JUICE

100% fruit juice, pressed to order in our Fluff machine

**Fluffy Orange** \$7

**Fluffy Pineapple-Green** \$7

**Fluffy Grapefruit** \$7

**Fluffy Pineapple** \$7

## HOT STUFF

Drip Coffee \$3.75  
Espresso \$3.75  
Americano \$3.75  
Macchiato \$4.25  
Cortado \$4.50  
Cappuccino \$4.75

small \$4.25  
large \$4.75  
Flat White \$4.75  
Latte \$5.25  
Mocha \$5.75  
Hot Chocolate \$5.00  
Chai Latte \$5.50  
Loose Leaf Tea \$4.5

Milks: Whole, Skim, Oat, Almond, Soy

Syrup: Vanilla, Caramel, Hazelnut (+\$0.75)

## WINE AND BUBBLES

Rosé, Luberon, France \$13  
Prosecco, Veneto - Italy \$13  
Sauvignon Blanc, Casablanca Valley \$13  
Malbec, Mendoza - Argentina \$13

## UPLIFTING

Cocktails that will leave you soaring like a cloud

**Aussie Spiked Ice Tea** \$15  
Vodka, triple sec, kiwi puree, lime juice,  
**Aperol Spritz** \$15  
Aperol, prosecco, club soda  
**Cucumber Gin Gimlet** \$16  
Tanqueray gin, citrus, elderflower, cucumber

**St Germain Spritz** \$15  
Elderflower liqueur, citrus, prosecco, club soda  
**Kiwi Margarita** \$15  
Tequila, kiwi puree, triple sec, lime juice  
**Espresso Martini** \$16  
Titos, Mr. Black coffee liqueur, espresso

## FROZENNN

**Frozen Pineapple Marg** \$15  
Our favorite frozen cocktail, made with fresh pressed fluffy pineapple juice

## MIMOSA MEDLEY

Fact: Without mimosa, it is not brunch.

**Mimosa Classic** \$11  
**Grapefruit Mimosa** \$11  
**Rosé Mimosa** \$11  
**Peach Mimosa** \$11  
**MIMOSA FLIGHT...PIZZZZZZ** \$18

## WELLNESS LATTES

Velvet Latte \$6  
Golden Latte \$6  
Matcha Latte \$6  
\*all served on almond milk

## COLDIES

|                | small  | large  |              |        |
|----------------|--------|--------|--------------|--------|
| Cold Brew      | \$4.75 | \$5.25 | Kombucha     | \$8.00 |
| Iced Tea       | \$4.50 | \$5.00 | Mexican Coke | \$4.00 |
| Fresh Lemonade | \$4.50 | \$5.00 |              |        |
| Arnold Palmer  | \$4.50 | \$5.00 |              |        |
| Peach Lemonade | \$4.50 | \$5.00 |              |        |

## SPECIALTIES ;)

**Nitro Caramel Iced Latte** \$6.50  
Double shot of espresso, salted caramel syrup and milk of your choice. Served with a peanut crumble garnish