



NATIVE | FRESH | FLAVORFUL

AÇAI BOWL GF

Organic Acai, Guarana Berry Topped with house made granola, Coconut Flakes, Fresh Seasonal Fruits & Banana

ADD SOME EXTRA FLAVOURS \$2 EACH

SEASONAL BERRIES/PEANUT BUTTER/NUTELLA/GOJI BERRIES/CACAO NIBS/COCONUT/YOGHURT/BRAZIL NUTS/HEMP SEEDS

THE BIG BREAKFAST

Free range eggs, chorizo, mushrooms, spinach, roast tomato, halloumi tapioca fritter, served with toast and butter *Add 2 Hash brown \$6 GF-opt Available*

EGGS BENEDICT GF

Served on halloumi tapioca fritters with your choice of bacon or mushrooms *Smoked salmon instead for \$7*

SMASHED AVOCADO

Smashed avo on toast spread with Persian fetta, cherry tomatoes, red radish, toasted almond flakes, and balsamic glaze

Add 2 Poached Eggs or Halloumi \$6 Add Bacon or Chorizo \$7 GF-opt Available

Weekend Surcharge - 10%

Public Holiday Surcharge - 15%

Surcharge on all credit/debit card - 1.6%

AVAILABLE ALL DAY

SHAKSHUKA V

Spiced tomato sauce baked with egg, topped with Persian feta & chargrilled bread

Add Bacon or Chorizo \$7 or Halloumi \$6 Vegan option - Served with tofu and mushrooms GF-opt Available

COOEE ROLL

19 Panini roll, Rindless Bacon X2, Free range Fried Egg, Tomato or BBQ Sauce *GF-opt Available*

BUNJI ROLL

Panini Roll, Bacon, Fried egg, Smashed avo, cheese, Baby Spinach with saltbush mayo *GF-opt Available*

MERNE ROLL V VG

Panini Roll, Mushroom, Fried egg, Smashed avo, cheese, Baby Spinach with saltbush mayo *Make it Vegan with Tofu and Mushrooms GF-opt Available*

25

SOURDOUGH OR FRUIT TOAST WITH A CHOICE OF SPREADS

Home made Jam, Butter, Honey, Peanut Butter or Vegemite *GF-opt Available*

23

2 ORGANIC EGGS YOUR WAY WITH TOAST

18

Fried/Poached/Scrambled or Whites only *GF-opt Available*

SUNRISE CRUNCH

NOT SUITABLE FOR CELIACS

Greek Yoghurt, House made granola, berries, banana & Maple syrup *vg-opt Coconut Yogurt/Almond Milk*

TOASTIES GF-opt Gluten Free Bread

Ham, Cheese & Tomato

Veggie Delight - Spinach, Mushroom, Beetroot, Tomato and Vegan Mayo

Prosciutto Toasties - Mayo, Spinach, tomatoes, prosciutto, cheese

21

DUKKAH EGGS V

Cherry tomatoes, mixed leaves and Persian fetta salad topped with 2 Dukkah eggs, harissa labneh and chargrilled bread *GF-opt Available*

15

CORN FRITTERS

Corn fritter, house-made bacon onion chutney, Persian fetta, crispy bacon, mix leaf, smashed avocado and pumpkin hummus *Add 2 Poached Eggs, or Halloumi \$6*

18

NOURISH BOWL V GF

Broccoli, Kale, Spinach, Black Rice, Poached Egg, Halloumi, Edamame, Wattleseed, Pickled Radish, Dukkah and Vegan Dashi *Add Bacon, Chorizo or Smoked Salmon or Market Fish \$7*

18

RUSTIC CHORIZO

Pan fried chorizo, cherry tomatoes, halloumi, green beans, corn, served with a fried egg and white sourdough *GF-opt Available*

9

MAPLE & RICOTTA PANCAKE

Pancakes served with Caramelised banana, berry compote, orange & ricotta whip, maple syrup, and fresh berries *Add Nutella \$2 or Crispy Bacon \$7*

15

LITTLE FOLKS

THESE DELICIOUS ITEMS ARE EXCLUSIVELY FOR KIDS AGED 12 AND UNDER

16

FLUFFY MINI PANCAKE

Pancake, Maple Syrup, Vanilla Ice Cream

2

ALL MINE

Organic Eggs your way with toast

15

MINI BACON & EGG ROLL

Panini roll, Rindless Bacon, Free range Fried Egg, Tomato Sauce or BBQ

17

17

GF GLUTEN FREE DF DAIRY FREE V VEGETARIAN VG VEGAN VG-OPT VEGAN OPTION AVAILABLE RSF REFINED SUGAR FREE

19

BRAZILIAN FISH STEW "MOQUECA" 29

Brazilian Fish stew with Red Capsicum, Spanish onions, Garlic, Chilli, Tomatoes, Coconut milk, Coriander served with Black Rice

Make it Vegan with Tofu & Banana GF VG V

21

BARRA BURGER 24

Fresh crumbed barramundi, pickles, smashed avo, Saltbush mayo coriander, Mixed leaves *Add Bacon, Chorizo \$7 or Halloumi \$6 GF-opt Available*

22

POKE BOWL GF 26

Brown Rice, Smoked Salmon, Edamame, Sriracha Mayo Pickled Daikon, Sunomono, Radish, Avocado and Furikake *Make it Vegan with Mushrooms*

TO SHARE

RUSTIC POTATO CHIPS 4.5 | 8.50 HALLOUMI TAPIOCA BITES 12

SIDES

\$7 EACH
BACON | SMOKED SALMON | CHORIZO

\$6 EACH

HALLLOUMI
TOFU | 2 HASHBROWNS
TAPIOCA FRITTER
MUSHROOMS

\$4 EACH
AVOCADO | PERSIAN FETTA

\$3 EACH
PUMPKIN HUMMUS | ORANGE RICOTTA WHIP | EXTRA FREE RANGE EGG | EXTRA TOAST | GRILLED TOMATO | SPINACH

\$2 EACH
SALT BUSH MAYO | ONION JAM | TOMATO RELISH

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NATIVE | FRESH | FLAVORFUL

SMOOTHIES VG RSF GF

13

Add Double Shot Espresso 1

Add Plant Protein Powder 3

GLOW

Strawberry, Mango, Banana, Dates, Honey, Lime Juice, Oat Milk, Vanilla & Greek Yoghurt

ACAI BERRY

Organic acai, Native berries, Banana & Coconut water

POPEYE

Mango, Bananas, Lime Juice, Almond Milk, Dates, Spinach

MANGO

Mango, Passionfruit Pulp, Almond milk, Yoghurt, Cinnamon, Honey

NUTTY PROFESSOR

Almond Milk, Dates, Peanut Butter, Bananas, Cashews

MILKSHAKES

7/12

BANANA

CHOCOLATE

VANILLA

STRAWBERRY

CARAMEL

*Make it dairy-free with alternative milk + 1 and Coconut Vegan Ice Cream +.50

COLD PRESS JUICES

9

*100% NATURAL NO ADDED SUGAR | 300ML SERVED OVER ICE

GREEN WITH ENVY

Apple, celery, spinach, kale, cucumber, lemon, parsley

SWEET CHEEKS

Apple, watermelon, cucumber, lime, and raspberry

EAGLE EYE

Carrot, apple, orange, pineapple, lemon, turmeric

THE BIG O

100% Sun ripened Australian Oranges

SOFT DRINK

KARMA ORGANIC COLA | LEMONADE | 6.5
GINGER BEER (300mL)

NORTH WALL KOMBUCHA (230mL) 8
Apple, Ginger & Turmeric | Passionfruit

CHAI & CO

CHAI LATTE 5/5.5

Premium Chai Spice is a powder mix made from exotic ingredients including black tea, cardamom, cinnamon, ginger, black pepper and cloves

PRANA STICKY CHAI LATTE 6.5/7.5

Sweet and spicy brew made with black tea, aromatic spices, and milk

TURMERIC LATTE 6.5/7.5

House made Turmeric blend, Vanilla & Milk

MATCHA LATTE 6.5/7.5

Japanese high-quality green tea powder matcha

COFFEE

WHITE & BLACK 5 / 6

Long Black, Cappuccino, Flat white, Latte, Piccolo, Mocha (+.50) Made with our very own Coffee blend 'Gusto' (available for purchase in store & online)

Peru, Colombia, Costa Rica, Brazil. Our coffee provides a rich, caramel sweetness, which goes beautifully with the Brazilian pulp-natural coffee, delivering a full body with notes of spice and cocoa.

ESPRESSO 4.5

ALTERNATIVE MILK 1
Oat/Soy/Coconut/Almond/Macadamia Milk

EXTRA SHOT 0.50

DECAF 0.50

SYRUP/HONEY 0.70

MOCHA 0.50

HOT CHOCOLATE 4.5/5

COLD BREW 7

24-Hour Infused Cold Brew Coffee: Simplicity meets complexity in a clean, tea-like experience

ICED COFFEE & CO

ICED LATTE 6.5

ICED LONG BLACK 6.5

ICED MOCHA 7

ICED COFFEE 9

Espresso over Ice and Vanilla Ice Cream & Milk

ICED CHAI 6.5

ICED MATCHA LATTE 8.5

ICED TEA 6.5

See Remy & Max Organic Tea Options

TEA POT

6

REMY & MAX ORGANIC TEA

ENGLISH BREAKFAST TEA

Stimulating & Aromatic, full bodied black tea blend

RED SILK

Organic and caffeine free blend of relaxing Flowers and Berries

EARL GREY

Beautifully balanced black tea with Floral notes of Bergamot

SENCHA GREEN

Uplifting, earthy and refreshing green tea

PEPPERMINT

Deliciously light, Minty flavours that refreshes and rejuvenates

LEMONGRASS & GINGER

A feisty tea blend full of zest & spices

GREEN TEA & JASMINE

Full bodied green tea with fragrant Jasmine taste

WATTLESEEDS CHAI POT 8

Wattleseed combined with the traditional Indian masala Chai recipe, Organic Raw Honey, brewed freshly in Oat Milk

ALCOHOLIC DRINKS

BEERS

SPANGLED DRONGO PALE ALE (4.5%ABV) \$9.5

TASTES WET AND ALCOHOLIC, WITH A CRISP FINISH. CONTAINS A VARIETY OF AMERICAN HOPS, THE HERO BEING ZAMBA

WINES

GOLDEN MILE ORGANIC ROSE \$14/ \$63
MCLAREN VALE, SOUTH AUSTRALIA

BEYOND THE WILDERNESS SAUVIGNON BLANC \$15/\$68
TASMANIA, AUSTRALIA

CHILDREN OF THE REVOLUTION PINOT NOIR \$12/ \$56
ADELAIDE, SOUTH AUSTRALIA