

bowls

Chipotle Chicken /18.5

warm mexican spiced chicken breast, brown rice, corn, tomato salsa, sour cream, avocado, black beans, crumbled feta, pickled onion + lime & chilli corn chips

Harvest Grains / 17

turmeric spiced grains, spinach, babaganoush, crispy cauliflower, tomato, marinated orange + herbs
*choice of falafel, lemon poached chicken or spiced beef

Hawaiian Poke / 13

mixed veg, avocado, seaweed, brown rice, sesame soy dressing + sriracha mayo
* add tuna sashimi +7, teriyaki salmon +6, poached rockling +6, lemon chicken +5, spiced beef +6, miso mushroom +5 or tofu +5

heart beet bowl / 18.5

warm braised lentils, roast beetroot, broccolini, butter bean hummus, soft boiled egg, toasted flaked almonds + crunchy sourdough – vo

Lean Green and Protein / 16.5

fresh salad greens, kale, black quinoa, sprouts, tomato, greens + soft boiled egg
*choice of tofu scramble, miso mushrooms or lemon poached chicken

Yogi Bowl / 17

roast veg, fresh salad greens, hummus, sauerkraut, sprouts, avocado, toasted nuts + seeds

Zucca + Zucchini / 16

warm roast pumpkin, raw shredded zucchini, rocket, pesto, crumbled feta, dukkah spiced nuts + seeds

Soul Bowl/19

miso roasted mushrooms, broccoli, cucumber, brown rice, mixed veg, soft boiled egg, gochujang dressing + kimchi
*choice of spiced beef or tofu scramble

soup / 14

check specials board for current fillings

extras

raw tuna +6, miso salmon +6, spiced beef +6, lemon chicken+5, miso mushrooms +5, falafel +5, tofu scramble +5, feta cheese +5, hummus +4, babaganoush +4, avocado +4, soft boiled egg +3 , cauli rice +4 brown rice +3,

sides

sweet potato fries / 6.5
tacos / 8.5 - chipotle chicken / fish / spiced beef
avocado on toast / 6 - add soft boil egg +3

smoothies

Cheeky choc* /12

cacao, banana, avocado, pink himalayan salt, dates + almond mylk
*add peanut butter or espresso coffee +1

All the berries* /13

acai, raspberries, blueberries, strawberries, banana + coconut water

Jump starter /11

pear, apple, ginger, rosemary, spinach + ice

Tropicool /12

mango, pineapple, passionfruit, lime + coconut mylk

Green dream /11

kale, spinach, cucumber, banana, mango +passionfruit

Up and at 'Em /13

banana, double espresso shot, cinnamon, vanilla vegan protein, peanut butter + almond mylk

Monkey /11

banana, activated cashews, cinnamon + vanilla vegan protein

Ultimate detox blended juice /13

activated charcoal, lemon, ginger, mint, cucumber, pineapple + coconut water

* upgrade to a smoothie bowl topped with granola and fresh fruit +5

cold drinks

kombucha + switchel / see flavours / 45.5

karma cola / lemony / orangeade / 45

water- still / 3.5 sparkling / 4

iced tea- floral earl grey / peppermint + ginger / amber / 5

coconut water / 6

fresh orange juice / 6

iced latte / 6

iced chocolate / 6

iced matcha latte / 6

iced chai latte /6

hot drinks

coffee

small/ 5 large/ 6 extra shot /0.5

bullet proof coffee /6

“performance coffee” black coffee spun with organic grass fed butter or coconut oil + MTC oil

chunana chai latte /6

authentic slow brew chai made with whole spices

dandi latte / 6

a caffeine free alternative. roasted dandelion root spun on you choice of milk.

vanilla matcha latte / 6

antioxidant rich green tea with smooth vanilla notes

hot chocolate / 6

mork original dark blend hot chocolate

golden latte / 6

anti-inflammatory latte – turmeric, ginger, cinnamon, nutmeg, black pepper + coconut oil

organic soy, almond, oat, coconut +0.5

teas

green + jasmine /4

cleanser + energy lifter

lemongrass + ginger /4

immune boosting + soother

chamomile blossoms /4

clarity + calmer

chai tea /4

soul warming

peppermint bliss /4

invigorating + digestion helper

english breakfast /4

antioxidants booster

sweets – all vegan

raw slices /8.50 – gf/vegan

lemon cheesecake

chocolate brownie

salted caramel slice

bliss balls / 4 – vegan

see front for flavours

choc chip cookies / 4 – gf/nf/vegan

Healthy eating is nothing new. It's not a trend, it's a way of life. Our menu is designed around our ability to hunt down nature's real superfoods - and you can probably pronounce all of the words!



hunters
harvest.