

# ALL DAY MENU

## TERIYAKI POKE BOWL \*DF \*VO

Wild rice, edamame, smashed avocado, teriyaki salmon, fresh julienne, lettuce, wasabi mayo & sesame seeds .....20  
Add falafel (5 pieces) .....5

## QUINOA SALAD \*VO \*GFO

Avocado, spinach, heirloom cherry tomatoes, feta, hummus, toasted seeds, crispy chickpeas, pickled cabbage .....18.5  
Add falafel (5 pieces) .....5

## BELGIAN OREO WAFFLE

2 scoops of vanilla ice cream & rich chocolate sauce .....16

## AVOCADO & FETA SMASH BRUSCHETTA \*VO \*GFO

Heirloom cherry tomatoes, dukkah & pickled onions, beetroot hummus, served on multigrain toast .....19

## GREEN OMELETTE \*GFO \*DF

Pan-fried green beans with peas and broad beans, basil & cashew pesto, fresh mint, spicy capsicum relish & toasted sourdough .....17

## TOASTED BAGEL served with chips \*GFO .....12

- SMOKED SALMON  
spinach, cucumber, cream cheese
- ROASTED EGGPLANT & MOZZARELLA  
spinach, basil & cashew pesto
- TUNA  
mayo, pickled onions, lettuce & tomato

## TACOS 3 soft shells \*DF

Fried fish, julienne veggies, pickled jalapeno, lettuce, chilli mayo & smashed avocado .....18

## FALAFEL WRAP \*DF

Hummus, tomato, lettuce, pickled onions and gherkins with chips .....15

## FISH N' CHIPS \*DF

Deep fried fish bites served with chips & salad .....17.5

## CLICK TO ORDER

# SUSHI BAR

\$6 per box

"contains 2 hand-rolls, with soy sauce & spicy mayo"

- TERIYAKI SALMON -  
grilled teriyaki salmon,  
avocado, mixed leaves

- TUNA -  
tuna, cucumber

- CALIFORNIA -  
imitation crab, cucumber, avocado

- SAUTÉED MUSHROOM -  
mixed leaves

# KIDS CORNER

\$10

- FETTUCCINE NAPOLI -  
with mozzarella \*DFO

- FRIED FISH FINGERS -  
with chips \*DF

# SPOT ON RIPPONLEA

## DUKKAH MUSHROOM BURGER

Dukkah crusted mushroom, lettuce, tomato, melted cheese, chilli mayo, served with chips .....18

## CRISPY SKIN SALMON \*GF \*DF

Pea & mint purée, roasted kiptler potatoes, candied beetroot, young leaves .....21

12" PIZZA- red base .....16  
10" Gluten Free base available .....3

- MARGHERITA : mozzarella, Napoli sauce, fresh basil
- BREAKFAST : roasted mushrooms, cherry tomatoes, egg, oregano, mozzarella & feta
- HAWAIIAN : mozzarella, pineapple, capsicum, onion, jalapeno
- SALMON : mozzarella, smoked salmon, cherry tomatoes, red onions, dill

PASTA - HAND MADE .....17

- Gnocchi pan fried with mushrooms, spinach, cherry tomatoes, green peas, parmesan \*DFO
- Fettuccine with creamy basil & cashew pesto, cherry tomatoes & feta
- Pappardelle with smoked salmon, spinach, cream sauce, feta & cherry tomatoes

## NOODLES

Spicy stir fried noodles, mixed vegetables, bean sprouts, crushed peanuts, chilli, lime, Thai basil .....18

## RISOTTO - \*GF

- VEGETARIAN : roasted vegetables, Napoli base, parmesan \*DFO .....17
- ATLANTIC : creamy, fresh salmon, green peas, spinach, dill .....18

## COFFEE

|                                  |        |
|----------------------------------|--------|
| White - <i>House blend</i> ..... | 4/ 5   |
| Black - <i>Black blend</i> ..... | 3.5/ 4 |
| Hot chocolate.....               | 4/ 5   |
| Iced latte.....                  | 4/ 5   |
| Babychino.....                   | 1.5    |
| Turmeric, Matcha.....            | .5     |
| Almond milk.....                 | +1     |
| Soy milk.....                    | +0.5   |
| Extra shot, Decaf.....           | +0.5   |

## TEA BY CHAMELLIA

|  |     |
|--|-----|
| English Breakfast, Peppermint, Lemongrass & Ginger,<br>Green, Chamomile..... | 4.5 |
|--|-----|

## CHAI

|   |   |
|---|---|
| Tea ( loose leaf brewed for 3 min ) .....   | 5 |
| Latte ( loose leaf brewed for 3 min ) ..... | 5 |

## SOMETHING DIFFERENT

|   |   |
|---|---|
| VIENNESE CHOCOLATE - hot or cold<br>Served with freshly whipped cream & biscotti biscuit..... | 7 |
| VIENNESE COFFEE - hot or cold<br>Served with freshly whipped cream & biscotti biscuit.....    | 7 |
| BELGIAN HOT CHOCOLATE<br>Choose milk, dark or white chocolate.....                            | 7 |

## SMOOTHIES

### SUMMER

|   |    |
|---|----|
| Mango, strawberry, whole milk, dates, fresh mint<br>& shaved coconut..... | 10 |
|---|----|

### BLUEBERRY DELIGHT

|  |    |
|--|----|
| Blueberries, banana, honey, almond milk,<br>chia seeds & fresh mint..... | 10 |
|--|----|

### HEALTHY GLOW

|   |    |
|---|----|
| Avocado, banana, coconut water, honey, fresh mint,<br>flaked almonds..... | 10 |
|---|----|

## MILKSHAKES

|   |     |
|---|-----|
| Chocolate, strawberry, vanilla, salted caramel, mocha,<br>coffee, butterscotch..... | 6   |
| Extra thick-shake.....  | +2  |
| Kids size.....  | 4.5 |

## FRAPPUCCINO

|   |   |
|---|---|
| Chocolate, strawberry, vanilla, salted caramel, mocha,<br>coffee, butterscotch..... | 7 |
| Iced beverage, topped with whipped cream & caramel sauce                            |   |

## SOFT DRINKS

|                                      |     |
|--------------------------------------|-----|
| See display fridge for options ..... | 4.5 |
| Noah's juice ( bottle ) .....        | 4.5 |



Please note that our venue is not a Gluten or Nut Free environment

**VO:** Vegan Option // **GF:** Gluten Free // **GFO:** Gluten Free Option // **DF:** Dairy Free // **DFO:** Dairy Free Option