FOOD

BAGELS

TOASTIES

AVO-OPEN FACED SANDWICHES

Avosmash Avocado, Feta, Sundried Tomato & Seasan Seeds on Sourdough	\$85 ne	Smoked Salmon Smoked Salmon, Capers & Scallion Cream Cheese & Red Onion on Everything Bagel		Meat Lovers \$ Chorizo, Smoked Ham, Dijon Mustard, Mozzarella	\$60
Salmon Sliders Smoked Salmon, Avocado, Lemon & Red C on Sourdough	\$90 Onion	Smoked Turkey Smoked Turkey, Honey-Pecan Cream Chee Green Apple on Everything Bagel	\$85 ese &	Smoked Ham, Cheddar Cheese, Mozzarella Add Pineapple +	
BeetSmash Avocado, Pickled Beetroot & Kale on Sourdough	\$90	Avo Bagel Avocado, Vegemite & Balsamic Glaze on	\$65	Pesto Sunrise (Vegetarian) \$ Plant Based Pesto, Sundried Tomato, Mozzara	\$50 rella
		Everything Ragel			
PomSmash	\$90	Everything Bagel		BOWLS	
PomSmash Avocado, Pomegranate & Feta on Sourdou	\$90 igh	Everything Bagel BASIC		Classic Açaí \$	\$80 H
Avocado, Pomegranate & Feta on Sourdou GuacoSmash Spicy Guacamole & Egg Mayo Salad on	•		\$35		
Avocado, Pomegranate & Feta on Sourdou GuacoSmash	igh	BASIC Plain Bagel / Everything Bagel / Cinnamon Bagel	\$35	Classic Açaí \$ Açaí, Greek Yogurt, Banana, Honey - Topped with Fresh Fruit, Granola, Chia Seeds & Shredded Coconut	
Avocado, Pomegranate & Feta on Sourdou GuacoSmash Spicy Guacamole & Egg Mayo Salad on	igh	BASIC Plain Bagel / Everything Bagel / Cinnamon Bagel	\$35	Classic Açaí \$ Açaí, Greek Yogurt, Banana, Honey - Topped with Fresh Fruit, Granola, Chia Seeds & Shredded Coconut	\$80
Avocado, Pomegranate & Feta on Sourdou GuacoSmash Spicy Guacamole & Egg Mayo Salad on Sourdough	\$95 \$95	BASIC Plain Bagel / Everything Bagel / Cinnamon Bagel + Cream Cheese	\$35 e \$10	Classic Açaí \$ Açaí, Greek Yogurt, Banana, Honey - Topped with Fresh Fruit, Granola, Chia Seeds & Shredded Coconut Chocolate Bowl	\$80

BLEND & GRIND

SPECIALTY COFFEE & SMOOTHIE BAR

DRINKS

COFFEE	
	RIL
Espresso	\$28
Long Black	\$30 / \$32
Piccolo	\$30
Cortado	\$30
Macchiato	\$30
Flat White	\$35 / \$42
Latte	\$35 / \$42
Cappuccino	\$35 / \$42
Mocha	\$38 / \$45
-	
Soy/Almond/Oat/Coconut	+\$3
Ice	+\$5
Extra Shot	+\$10
TEA	
ILA	RIL
Matcha Latte	\$35 / \$40
Activated Charcoal Latte	\$35 / \$40
Tumeric Latte	\$35 / \$40
Belgian Hot Chocolate	\$35 / \$40
Iced Lemon Tea (Earl Grey)	\$35
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TEA BY BREW TEA CO.	
English Breakfast Tea	\$35
Lemon & Ginger	\$35
Morrocan Mint	\$35
Earl Grey	\$35

\$35

\$35

\$35

Fruit Punch

Green Tea & Jasmine

Lemongrass & Wild Strawberry

FRESH SMOOTHIES

AVOCARDIO Avocado, Apple & Lemon	\$60	ANTIDOTE Kale, Lemon, Apple & Coconut Water	\$60
BERRY BOMB Strawberry, Blueberry, Raspberry, Banana, Coco Milk & Coconut Water	\$60 nut	HORSING AROUND Carrot, Apple & Ginger	\$55
RECOVERY	\$55	ORANGE JUICE 100% Squeezed Orange	\$35
Chocolate Plant Protein, Banana, Chia Seeds & Coconut Water		APPLE JUICE 100% Pressed Apple	\$35
TROPIKALE Mango, Pineapple, Kale & Apple	\$60	COFFEE SHAKE Espresso Shot, Whole Milk, Vanilla Ice Cream &	\$65
POWER UP Mango, Pineapple, Banana & Coconut Water	\$60	CHOCONUT BUTTER SHAKE	\$65
SUPERHERO Strawberry, Apple & Banana	\$60	Mix Chocolate, Peanut Butter, Whole Milk, Vanil Ice Cream	lla
STRAWBERRY SLUSHY Strawberry & Coconut Water	\$40	STRAWBERRY CARA-SHAKE Strawberry, Whole Milk, Vanilla Ice Cream, Caral Syrup	\$65 mel
MANGO SLUSHY Mango & Coconut Water	\$40	YOGURT SHAKE Blueberry, Ginger, Yogurt, Coconut Milk, Cinnamon, Nutmeg	\$65

FRESH JUICES & SHAKES

KEEP UP WITH THE GRIND ON INSTAGRAM AND FACEBOOK

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MID LEVELS | HENNESSY ROAD | SUN STREET