

cold display

house-made rice paper rolls *(please check daily specials)* 10

frittata 12
seasonal ingredient vegetarian frittata of the day

salads 10
please see our salad display or ask our friendly staff
- add poached salmon extra 6
- add chicken extra 6
- add halloumi extra 4

cheese plate 18
selection of cheeses, quince paste, lavosh

charcuterie plate 22
selection of cured meats, house pickles, cheese, artisan bread

frittata 12
seasonal ingredient vegetarian frittata of the day

from the grill

daal 18
pumpkin and tumeric daal, served with roti bread

jerk chicken flat breads 22
pineapple and coconut slaw, mango sambal

pork kimchi burger 16
sriracha mayonnaise and slaw

something sweet

prom coast ice-cream 7
(please check daily specials)

bliss balls 4
please see our display or ask our friendly staff

fresh fruit platters 10
seasonal fresh sliced fruit

chia pod 7.5
almond milk chia pod with fresh berries and granola (vg)

conscious craving tarts 9.5
please see our display or ask our friendly staff

savoury scone 6
pumpkin and quinoa

amphitheatre
drinks

coffee 4.5

cappuccino, latte, mocha,
long black, short black, flat white,
long macchiato, short macchiato, piccolo
latte, iced latte

*(add 50c for strong / soy /
almond / oat milk / lactose free)*

hot chocolate 5

*(add 50c for strong / soy /
almond / oat milk / lactose free)*

chai latte 5

*(add 50c for strong / soy /
almond / oat milk / lactose free)*

golden latte 5

turmeric, ginger, black pepper,
honey and cinnamon

*(add 50c for strong / soy /
almond / oat milk / lactose free)*

tea 4

earl grey, english breakfast,
peppermint, lemongrass and ginger,
chamomile

organic india tulsi tea 4

original, green, masala chai,

amphitheatre
drinks

cold pressed juices

8.5

rejuvenator:

pineapple, orange, watermelon

hydrator:

apple, cucumber, lemon, mint

awaken:

carrot, celery, apple

smoothies

8.5

mango:

mint, mango, orange juice

green:

pineapple, banana, spinach, apple juice, chia

banana:

yoghurt, banana, honey, jersey milk

cold drinks

please see drinks fridge for our selection

amphitheatre
drinks

drink fridge

bottled water 600ml \$4

sparkling water 500ml \$5

aloe vera water 500ml \$5

coconut water 300ml \$5

emma and toms 350ml \$6

orange juice, cloudy apple juice, green smoothie, kick starter smoothie

calm and stormy 300ml \$5.50

mineral water, lemon lime, blood orange, tasmanian raspberry, pink lady apple

kyneton soft drink 600ml \$5

apple and raspberry, lemon, orange passionfruit guava

phs water bottle – BPA free \$10