

AVAILABLE ALL DAY

SWEET LIGHT SNACKS

fruit toast (contains gluten)

\$5.90

apricot and fig whole wheat toasted and served with jam and cashew butter.

carrot and hemp seed bread

\$4.90 freshly house baked served toasted with cashew butter and maple syrup. (contains gluten)

assorted protein balls (g/f)

\$3

cinnamon doughnut, peanut butter choc, walnut cacao goji, fruit choc, or red lime.

sticky date muffin (contains gluten)

\$3 raw snickers/choc mint slice (g/f)

\$4.50

salted caramel brownie (g/f)

\$4.50

raw lime pie (g/f)

\$6

SHACK SHAKES

REG 430ml \$6.90

LGE 500ml \$7.90

bellyrama

banana, coconut, dates, frozen banana and coconut milk, ice.

chocolover

banana, coconut, dates, frozen banana, raw cacao, coconut milk, ice.

espresso shot +\$1

berry ripe

frozen berries, coconut, dates, banana, coconut milk.

hard core greenie

seasonal fruits, ice, cucumber, frozen banana, spinach, coconut h2o.

hemp protein +\$1

mocha espresso

Campos espresso, banana, coconut, dates, frozen banana, raw cacao, coconut milk, ice.

BRUNCH 9am -11am

espresso shake bowl (NEW!) (g/f) \$11.90

an icy mocha shake served in a coconut bowl with chopped banana, peanut butter choc crumble, shaved coconut, and a short black.

hot waffles (contains gluten)

\$15.90

served with warm berries, hibiscus and mixed berry ice cream, and maple syrup.

kids waffles (contains gluten) \$9.90

just a smaller serve of hot waffles for smaller appetites.

house raw muesli (g/f) \$8.90

house made delicious blend of dried fruit, nuts and seeds infused 'muesli' served with seasonal fruit and your choice of milk: dairy, almond, coconut or soy.

Campos specialty coffee

Artesano organic hot chocolate and chai latte small \$4

large \$4.90

iced \$6

almond, lactose free, soy, coconut milk + .50c

extra espresso shot, chocolate or chai + .50c (all are gluten free, vegan, and processed sugar free)

specialty organic teas

breakfast, mint, green, chai, earl grey

mug

\$3.50

pot

\$4.50

1k coffee beans

\$45

ceramic keep cups

\$15

(includes a coffee)

AVAILABLE 9am – 2:30pm

VEGGIE BURGERS (g/f +\$2)

bangkok beet (NEW!)

\$8.90

home made caramelised veggie patty, house sweet chilli sauce, pickled thai slaw, fresh cucumber, lime tahini, cashew cream and fresh greens served in a natural beetroot flavoured bun.

ADD A SIDE OF FRESH MIXED DAILY SALADS AND CORN CHIPS FOR \$5.

house

\$8.90

home made caramelised veggie patty, onion jam, fresh tomato, cucumber, mustard, tahini mayo, and crunchy cos on a whole wheat bun.

ADD A SIDE OF FRESH MIXED DAILY SALADS AND CORN CHIPS FOR \$5.

ploughmans

\$9.90

home made caramelised veggie patty, sweet onion chutney, dill gherkin, chunky cucumber, dijon, lemon mayo, ginger and chilli turmeric sauerkraut and cos on a whole wheat bun.

ADD A SIDE OF FRESH MIXED DAILY SALADS AND CORN CHIPS FOR \$5.

outback

\$9.90

home made char grilled veggie patty, bbq' d onion, pickled beetroot, spicy red lime bush chutney, fresh tomato, rosemary mayo, mustard, and rocquette on a whole wheat bun.

ADD A SIDE OF FRESH MIXED DAILY SALADS AND CORN CHIPS FOR \$5.

daily lunch special – See blackboard

rice balls (g/f)

sweet potato spiced rice balls encrusted with seeds served with tangy lemon tahini mayo and fresh daily salads.

½ serve (1 rice ball)

\$9.90

full serve (2 rice balls)

\$13.90

curried lentil shepherd' s pie

\$12.90

served with daily mixed salads and onion jam (contains gluten).

tucker bowl (NEW!) (g/f)

\$11.90

daily mixed salads with added greens, turmeric ginger and chilli sauerkraut and a crumbled veggie patty topped with lemon tahini mayo.

ALL OUR FOOD IS ALSO AVAILABLE FOR TAKEAWAY, PACKAGING IS 100% COMPOSTABLE. WE ARE A ZERO WASTE BUSINESS.

HOURS

Mon – Fri 8am – 3pm

Saturday 9am – 2pm

Sunday CLOSED