

TUCKSHOP

ALL DAY BREAKY

Sourdough Toast - \$7

w/ choice of spread

Muesli & Coyo - \$16

w/ fresh summer fruits

Fruit Toast - \$7

w/ jam and butter

Banana Bread - \$8.5

w/ butter

Cheese Toastie - \$10

w/ a side of pickles and dijon mustard

+ Ham \$4

+ Tomato \$1

Avo Toast - \$15

Smashed avo, tomato and basil w/ lemon on rye (VG)

Bacon and Egg Roll - \$10

Smokey bacon, fried egg,

house bbq or tomato sauce on a panini

Tradie Roll - \$13

Double bacon, fried egg, house bbq sauce,

cheese and hashbrown on a panini

Haloumi Roll - \$14

Grilled haloumi, rocket, tomato relish

and herb mayo on a panini (V)

Peace Smoothie Bowl - \$17

Earth protein, mango, turmeric, coco water, almonds,

hemp seeds, chia seeds, summer berries

and coconut flakes (VG) (GF)

SALADS & THINGS

Morning Bowl

Kale, avocado, quinoa, sweet potato, beetroot hummus, herbs,

almonds, summer sprouts w/ lemon and olive oil (VG) (GF)

Big Bowl - \$18

Lil' Bowl - \$10

Rice Paper Rolls - \$12

Tofu, cucumber, carrot, bean sprouts, shiso w/ a chilli garlic soy

dipping sauce (VG) (GF)

Salad Sando - \$12

Beetroot hummus, spinach, herbs, sprouts, tomato, red onion,

cucumber and vegan mayo on sourdough (VG)

+ Grilled Chicken \$5

Poughmans Picnic - \$20

Prosciutto, maffra cheddar, apple, apricot, pickles, smokey

tomato relish and rye or sourdough

BURGERS W/ FRIES

Cheesy - \$15

Beef pattie, onions, pickles, cheese, mustard mayo and

tuckshop ketchup

+ Double it \$3

+ Tomato and lettuce \$1.5

Big Mike - \$16

Beef pattie, cheese, lettuce, pickles, onion and

tuckshop special sauce

+ Double it \$3

Chooken Burger - \$16

Fried chicken, lettuce, aioli, cheese and pickles

Mushroom Burger \$15

Panko fried mushie, tomato, lettuce, pickles, onions,

vegan sauce on a milk bun (Vegan alt. available)

Burgers served with Old Bay Fries

(All burger patties are served medium)

Fries + Small \$4

+ Large \$6.5

LITTLE TUCKERS

Bacon Sando - \$7

Bacon, tomato sauce on a milk bun

Chicken Nuggets - \$7

w/ chips and tomato sauce

Little Tuckerbox - \$8

Jatz crackers, cheese, hummus, fresh fruit and veg

Kids Banana Bread - \$5

Kids Muesli - \$7

w/ milk or coyo and fresh fruit

ADD ONS & EXTRAS

Fried Egg - \$3

Grilled Chicken - \$5

Boiled Egg - \$3

Haloumi - \$6

Hash Brown - \$2

Ham - \$4

Avocado - \$5

Nonies Gluten Free

Bacon - \$4

Bread (VG) - \$2

*Sorry No Subs

10% Sunday Surcharge

15% Surcharge Public Holidays

HOTTIES

Coffee Roasted by Single O

White - \$4 / \$4.5

Long Black - \$4

Almond Milk - \$1

Soy/Oat/Strong/Decaf - \$0.5

Espresso - \$3.5

Batch Brew - \$3.5

Masala Chai Latte - \$4

Hot Chocolate - \$4

Mocha - \$4.5

Tea Craft Loose Leaf Tea - \$4

Cloud & Mist

High altitude delicate green tea with buttery aroma served at 70°C

English Breakfast

Classic English Breaky mate / black or white

Digestive

Minty fresh, Great for digestion and relaxing the tummy. Rich in antioxidants, vitamins and anti inflammatory.

Masala Chai

Traditionally mixed spice chai, best served with milk and honey

COLDIES

Tuckshop Cold Brew

Black - \$4 / Milk - \$5

Iced Chai - \$4

Brewed masala chai served over ice w/ honey

Fresh Juice Of The Day - \$7

Green Smoothie - \$9

Coconut water, spirulina, spinach, banana, mint and mango

Banana Smoothie - \$7.5

Banana, honey, ice cream, malt

Peace Smoothie - \$11

Earth protein, mango, tumeric, coco water and hemp seeds

Milkshakes - \$5

Chocolate / Strawberry / Caramel / Vanilla / Malt

Ice Cream Scoop of the Week - \$5

+ Double it \$2

Remedy Kombucha - \$5.5

Antipodes Sparkling Water - \$4

Coke / Lemonade - \$3

Water / Ginger Beer - \$3

Nudie Orange Juice - \$4

Coconut Water - \$6