

# BREAKFAST

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<b>Brookfarm granola</b>	<b>18</b>
local, sustainable granola with coconut yoghurt and berries	
<b>Forest B&amp;E roll</b>	<b>21</b>
free range egg and grilled bacon with rocket, cheese and relish served with a hash brown on the side	
<b>Forest Continental (V)</b>	<b>26</b>
freshly baked croissant, organic sourdough, Nimbin Valley butter, house-made jam, seasonal fruit, yoghurt and chia seed pudding	
<b>Eggs benedict</b>	<b>24</b>
two free-range poached eggs with Bangalow Sweet Pork smoked ham with wilted spinach on toasted English muffin topped with hollandaise sauce, rocket and pecorino	
<b>Avocado smash (VG*)</b>	<b>24</b>
smashed avocado and cashew cheese with poached free-range eggs, heirloom cherry tomatoes and basil on grilled organic sourdough	
<b>Surfers breakfast(GF*,DF*)</b>	<b>30</b>
free-range fried eggs, grilled bacon rashers, hash-brown, mushrooms, grilled tomato on toasted organic sourdough	

## Enhancements

two free-range eggs cooked your way(V)	7
grilled bangalow bacon	7
grilled sourdough (V)	5
roasted local mushroom (VG)	5
two hash brown (VG)	5
Northern Rivers avocado (VG)	5
smoked salmon	7
baby spinach (VG)	5

15% surcharge applies on Sundays and public holidays. No split bills.

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1% surcharge applies to all credit card payments.

## **Fresh baked croissant**

Nimbin cultured butter, local fruit jam (v)	<b>12</b>
Bangalow smoked ham and cheddar	<b>16</b>
local tomato, avocado and cheddar (v)	<b>14</b>

## **Kids menu**

Cereal bowl choose between fruit loops   rice bubbles   coco pops   nutri grain   weetbix and milk of choice	<b>9</b>
B&E roll free range egg and grilled bacon with bbq sauce	<b>14</b>
Buttered toast soldiers two free-range eggs cooked your way, grilled bacon or hash brown (GF*DF*)	<b>14</b>
Avo on toast smashed avo on toasted sourdough (vG)	<b>14</b>

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# ELIXIR BAR

## **Glow** **14**

Beauty Chef COLLAGEN Inner Beauty Boost + Capi lemon basil soda, lemon slice and lilly pilly.

Spike it with Brookie's Slow Gin +6

A delicious blend of vitamin C, which contributes to collaen formation, and zinc, which contributes to normal skin structure and the maintenance of strong hair and nails. With bio-fermented papaya juice concentrate, gotu kola, Queen Garnet plum puree, organic goji, acai and maqui berries.

## **Antioxidant** **14**

Beauty Chef ANTIOXIDENT Inner Beauty Boost + Capi soda water + fresh grapefruit + rosemary sprig.

Spike it with Brookie's Shirl the Pearl +6

A bio-fermented elixir to brighten the skin from within and nourish your gut. With papaya, green tea, elderberry and selenium for immunity and vitamin C to help protect against free radical damage.

## **Hydrate** **14**

Beauty Chef HYDRATION Inner Beauty Boost + sparkling mineral water, sliced cucumber and fresh mint.

Spike it with Byron bees Vodka +6

A bio-fermented elixir to replenish thirsty, lacklustre skin from within and nourish your gut. With coconut and cucumber water, finger lime, trace minerals and magnesium for electrolyte balance.

## **Recharge** **14**

Beauty Chef ADAPTOGEN Inner Beauty Boost + Capi blood orange soda and passionfruit garnish.

Spike it with Brookie's Moonshine +6

A bio-fermented elixir with activated vitamins B6 and B12 to help reduce fatigue, refresh tired-looking skin, calm the appearance of a rosy complexion, recharge your energy and nourish your gut. With bio-fermented papaya and adaptogenic herbs ashwagandha and holy basil.

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# SMOOTHIES

<b>Green</b>	14
Banana, mango, kale, spinach, matcha, and your choice of milk or coconut water (add matcha elixir +4)	
<b>Acai</b>	15
Acai, banana, mixed berry, coconut water (add beetroot elixir +4)	
<b>Energy</b>	14
Dates, banana, peanut butter, raw cacao and your choice of milk (add protein powder +4)	
<b>Tropical</b>	14
Mango, pineapple, apple and coconut water (add beetroot or tumeric elixir +4)	

# BREAKFAST BEVERAGE

Freshly squeezed juice	14
mix and make your own from the fresh produce listed: Orange, pineapple, apple, watermelon, carrot, beetroot, celery, spinach, ginger, kale, lemon, lime	
East Coast juice range	7
Matcha green on green shot	7
Golden tumeric and orange shot	7
Crystalbrook Bloody mary	18
Mimosa	14

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# BYRON BAY TEA COMPANY

## TRADITIONAL

5.50ea

### **English Breakfast**

This is a traditional blend of the finest quality Assam and Ceylon black teas producing a fully aromatic blend with a balanced and rich flavour

### **Earl Grey**

This is a classically scented black tea with natural bergamot oil which gives a refreshing, lightly citrus flavour

### **Organic Chai**

This unique chai blend is a fusion of traditions, combining Organic Assam black tea with traditional Indian spices and some locally grown Australian ingredients

### **Organic Sencha Green**

This Organic Sencha Green tea is made from a prized, large, flat-leafed Green tea and has beautiful light green liquor when steeped

### **Organic Peppermint**

The fresh, minty taste of peppermint makes this infusion cooling and invigorating

### **Organic Chamomile**

The classic sweet taste of Chamomile flowers calms and soothes, Perfect any time of the day!

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# BYRON BAY TEA COMPANY

## ORIENTAL

8.50ea

### **Buddah's Tears**

Green Tea Scented with Jasmine Blossom carefully plucked and handcrafted into tiny pearls, Buddah's tears provide a soul-soothing treat at any time of day

### **Oolong**

A light semi fermented Chinese high-grade Oolong that is low in caffeine, high in antioxidants and aiding with digestion. Fresh earthy flavour with subtle undertones of floral and fruit

### **White**

Delicate and refreshing tea with a sweet floral and nutty aroma which complements the smooth yet mild flavour that makes this an enjoyable refreshment

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## HERBAL & WELLNESS

7.50ea

### **Digest**

Peppermint, Chamomile, Lemongrass and Fennel. Digest has a fresh, minty taste and can assist with digestion. Perfect as a delicious and healthy post-dinner drink

### **Immunity**

Eucalyptus, Echinacea, Lemon Myrtle, Elder Berries, Elder Flower, Rosehips, Licorice and Ginger. Revive, renew and revitalise with this unique blend. A healthy, restorative tea for busy who want to bolster and fortify their well-being

### **Nursing**

Goats rue, Aniseed, Fennel, Alfalfa, and Nettle. Becoming a mum can be a huge transition and why not make it a little smoother with the Nursing tea that helps support and promote a healthy milk flow, creating harmony between you and your baby

### **Glow**

Echinacea, Peppermint, Lemongrass, Ginger, Gotu Kola, Nettles, Rose buds and Licorice. Beauty begins on the inside, which makes this blend the perfect primer. The zesty blend of Lemongrass and ginger is complemented by a purifying punch of Peppermint

### **Ginger Zing**

Lemongrass and Ginger. Cleanse and uplift with lemongrass, while enjoying the piquant and revitalising properties of ginger.

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# SERVED HOT OR ICED

**Hot Chocolate** 5

Classic hot chocolate served with marshmallow

**Social Alchemy Adaptogenic Hot Chocolate** 6.50

Dark and addictive hot chocolate for grown ups. A seductive superfood blend made with mineral rich cacao, medicinal mushroom and vibrant ginger zest.

**Alchemy Elixirs Chai latte** 6.50

Original Chai Elixir combines organic black tea with vanilla, cloves, nutmeg and cardamom.

**Energy Chai latte** 6.50

Energy Chai is a stimulating and fragrant blend of organic black tea with star anise, ginger, black pepper and cinnamon combined with a healthy dose of guarana and ginseng.

**Golden Turmeric latte** 6.50

Golden Turmeric Elixir has a pleasantly balanced earthy turmeric and ginger taste, with just a hint of Cinnamon.

**Beyond Beetroot latte** 6.50

Beetroot has long been associated with improved bloodflow, lower blood pressure and enhanced exercise performance. This wonderful superfood elixir is as delicious as it is nutritious, blending the goodness of beetroot with cacao, ginger, cinnamon and musk seed oil. Be Amazed!

**Maho Matcha latte** 6.50

Maho Matcha Elixir is an authentic blend of 100%, pure, premium Japanese matcha from growers in the ancient prefecture of Kyoto, Shizuoka.

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