

BREAKFAST

  @ForestByronBay

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

We're cash-free! We no longer accept cash as payment. Debit and all major credit cards remain very welcome.

GF (Gluten free) DF (Dairy free) V (Vegetarian) VG (Vegan) *(can be done, please let your food and drink guide know)

Fresh baked croissant

Nimbin cultured butter, local fruit jam (v)	12
Bangalow sweet pork smoked ham and cheddar	16
local tomato, avocado and cheddar (v)	14

Breakfast

Forest bruschetta (v)	21
roasted vine tomatoes, marinated feta cheese, basil and pistachio pesto, poached free-range egg on toasted ciabatta	
Avocado smash (VG)	28
smashed avocado and cashew cheese with poached free-range eggs, heirloom cherry tomatoes and basil on grilled organic sourdough	
Surfers breakfast (GF*,DF*)	28
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 sweet pork bangalow bacon	7
grilled sourdough (v)	5
roasted local mushroom (VG)	5
hash brown (VG)	5
Northern Rivers avocado (VG)	5

Chef's daily cabinet specials

Check out the cabinet for specials, treats and pricing

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ELIXIR BAR

Glow

14

A delicious blend of vitamin C, which contributes to collagen 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.

Beauty Chef COLLAGEN Inner Beauty Boost + Capi Lemon Basil Soda, lemon slice and lilly pillly. Spike it with Brookie's Slow Gin +6

Antioxidant

14

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.

Beauty Chef ANTIOXIDANT Inner Beauty Boost + Capi soda water + fresh grapefruit + rosemary sprig. Spike it with Brookie's Shirl the Pearl +6

Hydrate

14

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.

Beauty Chef HYDRATION Inner Beauty Boost + sparkling mineral water, sliced cucumber and fresh mint. Spike it with Byron bees Vodka +6

Recharge

14

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.

Beauty Chef ADAPTOGEN Inner Beauty Boost + Capi Blood Orange Soda and passionfruit garnish. Spike it with Brookie's Moonshine +6

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SMOOTHIES

Green	14
Banana, mango, kale, spinach, matcha, and your choice of milk or coconut water (add matcha elixir +4)	
Acai	15
Acai, banana, mixed berry, coconut water (add beetroot elixir +4)	
Energy	14
Dates, banana, peanut butter, raw cacao and your choice of milk (add protein powder +4)	
Tropical	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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BYRON BAY TEA COMPANY

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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