

BREAKFAST ALL DAY

HEART WARMER ORGANIC 5 GRAIN PORRIDGE - \$14

Made-to-order organic 5 grain porridge with maple syrup caramelised banana, Heart signature seeds and nuts. Served with your choice of almond, oat, macadamia, soy or regular milk

HEART GRANOLA BOWL \$15

(GF, DF & VG option available)

Heart Signature Granola (puffed quinoa, mixed nuts, chia, coconut, cranberries, apricot, cacao), mixed berry compote, with yoghurt and seasonal fruit. Honey labne or coconut yoghurt \$1 extra

HEART PROTEIN PANCAKES \$14

(V, DF OPTION AVAILABLE)

Banana, oats, egg whites, berry compote, toasted coconut, Greek yoghurt, nuts and seeds. Honey labne or coconut yoghurt \$1 extra

EGGS ON TOAST - \$12

Poached, fried, or scrambled, with sourdough.

DUKKAH SCRAMBLED EGGS - \$16

(Vegan option available)

With house-made dukkah, feta, mixed herbs and sourdough. (Vegan option with scrambled tofu, herbs and dukkah)

AVOCADO AND FETA SMASH (V, VG) - \$18

(Vegan option available)

Avocado, cherry tomato, rocket, feta, nuts and seeds with balsamic reduction on sourdough

LUNCH - FROM 11AM

IRANIAN GRILLED CHICKEN SALAD - \$18

Middle Eastern coleslaw, cherry tomato, mixed herbs, lemon tahini and sumac dressing, minted labne, pickled vegetables, dukkah, Swap chicken for falafel

KOREAN SPICY TOFU & VEGETABLE

BIBIMBAP - \$18 (VG)

Crispy tofu, brown basmati rice, shredded carrot, edamame, wilted spinach, sautéed Asian mushrooms, kimchi, spicy Gochujang dressing, toasted sesame seeds.

Add fried egg - \$2.50

HEART SEARED SALMON - \$24

Seared Salmon, carrot puree, shaved cauliflower and green apple, coconut kale, nuts and seeds with salt bush, white miso, tamari and sesame dressing

FISH TACOS \$20

Crispy whiting, red cabbage, caramelised pineapple, jalapeno, shallots, house chilli, honey, lime & coriander mayo

VEGAN BURGER - \$15

Cauliflower and chickpeas patty, avocado smash baby spinach, dried onions, chilli jam, and vegan cheese

HEART REUBEN - \$14

Choose toasted or fresh. Spiced pastrami, sauerkraut, pickles, Swiss cheese, Russian dressing and Dijon mustard. Gluten free bread extra \$2

SULTAN'S BREAKFAST- \$18

Poached eggs, burnt butter labne, Turkish salad (cucumber, tomato, red onion, mixed herbs pomegranate, sumac), pickled vegetables, green harissa, house made flatbread.

Add chorizo or falafel - extra \$5

HEARTSHROOMS - \$20

Duxelle stuffed Portobello mushroom, herbed Meredith Farm goat's cheese, parmesan & pine nut crumb, rocket and shaved fennel, sourdough

HEART BREAKFAST BOWL (VG, GF) - \$18

Chickpea walnut falafel, beetroot hummus, cherry tomatoes, mixed herbs, pomegranate molasses salad, haloumi, harissa, and a poached egg

BACON AND EGG DETOX ROLL - \$12

+ hash browns \$16

Bacon, eggs, rocket and house-made harissa aioli on an activated charcoal bun. Gluten free bread extra \$2

VEGETARIAN DETOX ROLL (v) - \$12

+ hash browns \$16

Haloumi, egg, avocado, roast tomato, rocket and house-made harissa aioli on an activated charcoal bun.

Gluten free bread extra \$2

CHICKEN BLAT - \$13 + hash browns \$17

Chicken schnitzel or grilled chicken breast, bacon, lettuce, avocado, house-made harissa mayo on an activated charcoal bun. Gluten free bread extra \$2

HAM AND CHEESE TOASTIE - \$8

TOMATO AND CHEESE TOASTIE \$8

HAM, TOMATO AND CHEESE TOASTIE \$9

EXTRAS - \$3 Roast Tomato

EXTRAS - \$5 Free range bacon (2) / egg (2) / hash browns (2) / avocado smash / haloumi (3) / marinated feta

EXTRAS - \$6 Hot smoked salmon

BREAD/TOAST

SOURDOUGH / DETOX CHARCOAL - \$5 / GLUTEN FREE \$7

Served with Pepe Saya probiotic butter and choice of Vegemite, peanut butter, Wayside honey, in-house berry jams.

HOUSE MADE SPICED BANANA BREAD WITH COCONUT AND MACADAMIA - \$8

PASTRIES - \$5

Heart brownie, Heart vegan brownie, choc-chip cookies, choc-chip vegan cookies.

GLUTEN-FREE ALMOND AND RASPBERRY & FIG CAKE (GF) - \$5

Add ice cream \$2

PLEASE SEE CAKE DISPLAY FOR OTHER TREATS

GF - GLUTEN FREE

V - VEGETARIAN

DF - DAIRY FREE

VG - VEGAN

Dishes may contain traces of nuts

HOT DRINKS

COFFEE BY GYPSY ESPRESSO

Regular \$4 Large \$4.50

ESPRESSO / MACHIATO / PICCOLO - \$3.50

Our premium, single estate coffee is locally roasted in the Eastern suburbs using quality green beans from Colombia.

CHAI LATTE / TURMERIC LATTE

Regular \$4.30 Large \$5

HOT CHOCOLATES - \$5

CLASSIC HOT CHOCOLATE

Fresh cream and marshmallows.

SICILIAN ORANGE / CHILLI / TURMERIC

Bonsoy / decaf / strong extra 50c
Almond / macadamia milk extra 70c

TEAS BY TEA CRAFT - \$4.5

COOL

Ginseng, tulsi, lemon verbena, spearmint, liquorice.

CORE

A turmeric blend with ginger and hibiscus.

DIGESTIVE

Lavender, fennel seeds, peppermint and spearmint.

HEAL

Lemon, lime zest, honey and a hint of cassia.

SINGLE ORIGIN - \$5.50

RED MYSTIC

Sweet malt flavour profile.

HEART CHAI

Masala chai blended organic botanicals from the Wayside Chapel rooftop garden.

DRAGON WELL GREEN TEA

Delicate tastes of roasted corn and chestnut.

ORGANIC CHAMOMILE

Floral with a honeysuckle sweetness.

TEA BLENDS - \$4.50

Darjeeling seasonal / Good Morning / Karavan / Earl Grey
Blueflower

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COLD DRINKS

ICED - \$5

Latte / Matcha Latte / Chai Latte / Chocolate / Tea

COLD BREW - \$4

ORGANIC COCONUT WATER - \$4

COCA COLA - \$4

COKE ZERO - \$4

SPRITE - \$4

SPRITE ZERO - \$4

PUMP WATER - \$4

ORGANIC HEMP KOMBUCHA - \$6

Pomegranate & apple / Mixed berries

ORGANIC KOMBUCHA - \$6

Ginger / mango / turmeric ginger & pear

COLD PRESS JUICES - \$7

HEALTHY HEART Apple, celery, cucumber, kale, mint, pineapple, spinach.

GROOVE IS IN THE HEART Orange, coconut water, pineapple, passionfruit.

HEART OF GOLD Carrot, apple, ginger, turmeric.

MINTED HEART Apple, lemon, strawberry, mint

SMOOTHIES - \$8

MILK BASED SMOOTHIES

BANANA Banana, honey, yoghurt, milk.

MIXED BERRY Mixed berry, banana, yoghurt, milk.

MANGO Mango, banana, yoghurt, milk.

DAIRY FREE SMOOTHIES

LEAN GREEN Spinach, celery, avocado, apples, banana, coconut water

ACAI Organic acai berry, banana, organic guarana, coconut water

TROPICAL Mango, pineapple, passionfruit, coconut water

DRAGONFRUIT & BERRY Mixed berries, coconut water

MILKSHAKES - \$6.50

TRADITIONAL MILKSHAKES - \$6

Chocolate / Fresh strawberry / Vanilla / Caramel

SPECIALITY MILKSHAKES - \$6

ESPRESSO Coffee, caramel, malt

MALTED MATCHA Matcha syrup, malt, vanilla, ice cream and cream