## BREAKFAST

8:30AM - 11:00AM

### **BIRCHER MUESLI 13**

fresh apple, currants, almond flakes, berries & coconut yogurt (V)

### AVOCADO ON SOURDOUGH 16

fresh greens, cherry tomatoes & feta (GFO)

## **GREEN BREKKY SALAD 18**

poached eggs, quinoa, local leaves, broccolini, toasted seeds, pickled zucchini & tahini dressing (GF)

## HAM, TOMATO & PROVOLONE CIABATTA 15

rocket & tomato relish

### VANILLA FRENCH TOAST 20

sticky banana, berry compote & maple

### POACHED EGG WITH SMOKED SALMON 22

rocket, avocado & salsa verde on sourdough (GFO)

## ASSORTED DANISHES 7.5

### **CINNAMON SCROLLS 7.5**

## BREAKFAST add-ons

- + poached egg 4
- + smoked salmon 6
- + avocado 4
- + extra sourdough 4

GF = gluten free V = vegan GFO = gluten free option



11:00AM - LATE

### SHARE PLATES & NUTRITIOUS STAPLES

### OYSTERS 30 (half dozen) / 55 (dozen) (GF)

natural | finger lime mignonette | cucumber vinaigrette

### **DUMPLINGS 4 for 15**

(four of the same or 50/50) chicken | vegetarian | pork | duck

### SLIDERS 3 for 25

(choose from our selection below) salmon | vegetarian | salami

### DIPS & OLIVES 20

warmed marinated olives with rosemary and blood orange, assorted dips & toasted sourdough (GFO)

### **BANYA CHEESEBOARD 28**

brie, manchego, king island cheddar, quince paste, apple, walnuts & crackers (GF)

### **BANYA GRAZING BOARD 32**

chorizo, salami, prosciutto, marinated vegetables tapenade, pickles & sourdougH (GF)

## KINGFISH CEVICHE 26

citrus, coriander, red onion & toasted sourdough (GFO)

### CRISPY SKINNED SALMON 36

asparagus, poached pear, parmesan, mixed leaves & lemon dressing (GF)

### SALADS

### **BANYA BOWL 22**

turmeric rice, broccolini, red cabbage, pickles, mixed leaves, seeded nut mix & green goddess dressing (GF, V)

### **GREEN SALAD 15**

rocket, mesclun, sprouts & lemon vinaigrette (GF, V)

### SALAD add-ons

- + smoked salmon 8
- + chicken breast 8
- + avocado 4

## DESSERTS

### SEE DISPLAY FOR OUR DAILY SELECTION

GF = gluten free V = vegan GFO = gluten free option

## SMOOTHIES

8:30AM - 3:00PM

### HINTERLAND HIGH 14

banana, spinach, cucumber, coconut water, bare greens, mint (GF, V)

### BERRY BAY 14

mango, berries, pineapple, coconut water, chia seeds, coconut flakes (GF,  $\,\mathrm{V})$ 

### CHINNY CHARGE 14

raw cacao, banana, dates, maca powder, sea salt, almond milk (GF,  $\rm V$ )

+ add espresso shot 0.5

### **BANANA BANYA 14**

banana, berry, almond butter, cacao, coconut milk (GF, V)

### BARE BLENDS add ons

- + bare glow collagen 2.5
- + Japanese matcha WPI protein 2.5
- + strawberries & cream fava protein (V)
- + raw cacao WPC protein

## JUICES

BY BYRON BAY COLD PRESSED | AVAILABLE ALL DAY | (GF, V)

### RED EARTH 10

beetroot, apple, celery, ginger, turmeric, lemon

## **GREEN DREAM 10**

apple, celery, cucumber, kale, ginger, lemon

## **ORANGE SUNNY 10**

carrot, apple, orange, ginger, turmeric, lemon

## TURMERIC SHOT 4

turmeric, lemon, ginger, carrot, black pepper

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## COFFEE

FROM 8:30AM

## SMALL 4 | MEDIUM 5 | LARGE 6

cappuccino
espresso
flat white
latte
long black
macchiato
mocha
piccolo
decaf
babychino (2.5)
hot chocolate

## SMALL 4 | MEDIUM 5 | LARGE 6

adaptogenic hot chocolate (Social Alchemy) matcha latte turmeric latte

### NON-DAIRY MILK 0.5

oat soy almond coconut macadamia lactose free

### EXTRAS 0.5

vanilla caramel extra shot

# ICED DRINKS

## SMALL 5 | LARGE 6

iced long black iced latte iced Matcha (5.5 / 6.5) iced Mocha iced chocolate iced turmeric (5.5 / 6.5)

## TEA

FROM 8:30AM

## CLASSICS 5

peppermint jasmine english breakfast earl grey sticky chai (*PRANA Chai*) (5.5)

## SPECIALTY BLENDS by BYRON BAY TEA CO 5

Immunity | eucalyptus, echinacea, lemon myrtle, liquorice, ginger Glow | lemongrass, ginger, peppermint Calming | chamomile, lime flower, vanilla bean, cinnamon Energy | green tea, siberian ginseng, gotu cola, mixed berries