

yeah boy.



NOURISHING HEARTS, SOULS & BELLIES



ALL EATERS WELCOME



good food, good mood.

Our philosophy? To serve nourishing and wholesome foods. We cater to every type of hungry body, mind & soul. Feel good food that we cook from the heart.

As some menu items contain nuts, seeds and other allergens, we are unable to guarantee the absence of such traces. If you do have a severe allergy please inform the wait staff.

**VG VEGAN | GOF GARLIC ONION FREE | NF NUT FREE
DF DAIRY FREE | V VEGETARIAN | GF GLUTEN FREE**

SHARING IS CARING

SUSHI TACO

DF | GF | NF | VG OPTION

tempura nori taco, brown sticky rice, bibimbap sauce, pickled veg, 9e
kimchi veganaise, **your choice of salmon or vegan konjac prawn**

MISO GREENS

VG | DF | GF | NF | GOF

smoked eggplant hummus, roasted miso greens, crispy capers 16

KFC

VG | DF | GF | NF

kentucky fried cauliflower, jalapeño, house made bbq sauce 12

MOBSTER ROLLS

VG | DF | GOF | NF

beetroot brioche, vegan tartare, slaw, fresh parsley **your choice of** 15
vegan konjac prawn or grilled tiger prawn + GRILLED TIGER PRAWN 3

BLACK SESAME TOFU BAO

VG | DF | NF

kimchi, quinoa tofu, chipotle veganaise, vietnamese mint, coriander 14

SAN YEAH BOY BAO

VG | DF | NF

marinated mushroom mix, lettuce cups, apple and ginger herbed salsa 16

NA-CHO BABE

VG | DF | GF

vegan queso cheese, corn chips, vegan mozzarella, chipotle SM 14
corn, jalapeño, house made harissa, fresh salsa, guacamole LRG 20

SWEET POTATO WEDGES

VG | DF | GF | NF | GOF OPTION

sea salt, fresh rosemary, chipotle veganaise 9

VEGAN SOUL BOWLS

BALANCE BOWL

VG | DF | GF | NF | GOF

roast miso greens, kale chips, chilli lime cucumber, broccolini, enoki mushrooms, pepitas, avo, smoked eggplant hummus, quinoa 26

TOFU SEXY MEXI

VG | DF | GF | NF

crunchy quinoa flaked tofu, chipotle corn, guacamole, corn chips, pineapple salsa, jalapeño veganaise, brown rice and black beans 24

VEGAN HARVEST BOWL

VG | DF | GF

roast pumpkin, crispy chickpeas, falafel, cherry tomatoes, beans, field mushroom, house made harissa, maple carrots, roast chats, quinoa 25

VEGAN BIBIMBAP

VG | DF | GF | NF

crispy fried tofu and eggplant, bibimbap sauce, pickled carrot, chilli lime cucumber, edamame, kimchi, fresh greens, brown rice 24

TERIYAKI BOWL

VG | DF | GF

crispy eggplant and tofu, wasabi slaw, chilli lime cucumber, brown rice, vegan teriyaki sauce, furikake nut & seed mix, kimchi veganaise 24

VEGAN RAMEN

VG | DF | NF | GF OPTION

soba noodles, miso ginger broth, crispy tofu, pickled carrot, enoki mushrooms, broccolini, wombok cabbage and field mushrooms 24
+ GF 2

ADORABOWLS

CHICKEN SEXY MEXI

NF | DF | GF

grilled spiced chicken breast, chipotle corn, guacamole, corn chips, 25
pineapple salsa, jalapeño veganaise, brown rice and black beans

STICKY BEEF BIBIMBAP

GF | DF | NF

sticky beef, crispy tofu & eggplant, bibimbap sauce, pickled carrot, 26
chilli lime cucumber, edamame, egg, kimchi, fresh greens, brown rice

MISO MAGIC

DF | GF

marinated miso barramundi, pickled carrot, green beans, edamame, 28
baked kale chips, furikake nut & seed mix, mushroom, brown rice

LAMB BOWL

NA

slow cooked pulled lamb, roast pumpkin & cherry tomatoes, tzatziki, 26
olives, almond & feta herbed couscous, chili lime cucumber, herb bread

CHICKEN RAMEN

NF | DF | GF OPTION

soba noodles, tamari chicken, pickled carrot, enoki mushroom, egg, 24
broccolini, wombok cabbage, field mushrooms, miso ginger broth + GF 2

HARVEST BOWL

DF | GF

roast pumpkin, crispy chickpeas, cherry tomatoes, beans, field 26
mushroom, house made harissa, maple carrots, roast chats, quinoa

MOROCCAN TURMERIC CHICKEN BREAST + HARISSA 26

SALMON + CHIMICHURRI 28

TAKE A PIZZA MY HEART

BBQ JACKFRUIT

VG | DF | NF

bianco base, coconut corn puree, char grilled red capsicum, fresh green capsicum, vegan mozzarella, jackfruit, jalapeño, bbq sauce 23

VEGAN PUMPKIN

VG | DF

coconut corn puree, vegan mozzarella, caramelised onion, crushed walnuts, roasted butternut pumpkin, dressed rocket, vegan feta 23

GREEN GOODNESS

VG | DF

spiced queso, vegan mozzarella, miso roast brussels, broccolini, beans, snow peas and kale, lemon zest, house made vegan feta 26

VEGAN MEXICAN 'CHICKEN'

VG | DF | NF

coconut corn puree, vegan mozzarella, spiced mexican 'chicken', charred pineapple, fresh capsicum coriander medley, jalapeño aioli 24

MUSHROOM

VG | DF

herbed bianco base, roast field mushrooms, caramelised onion, fresh dill sprigs, house made vegan feta, truffle oil, pine nuts 24

TEMPEH-RONI

VG | DF | NF

napoli tomato sauce, vegan mozzarella, sriracha sauce, house smoked spiced tempeh(roni), house made vegan feta, fresh mint 24

VEGAN MARGHERITA

VG | DF | NF

napoli sauce, vegan mozzarella, tomato medley, freshly crushed garlic, house made vegan feta, fresh basil 20

OUR PIZZA BASES ARE WHOLEMEAL, 13" AND EGG FREE!

GLUTEN FREE +3.5

*Gluten Free Bases: Please note that we can not guarantee the absence of air born traces

WANNA PIZZA ME?

PUMPKIN

V

coconut corn puree base, mozzarella, roasted butternut pumpkin, crushed walnuts, caramelised onion, dressed rocket, crumbled feta 22

CAPRICCIOSA

NF

herbed bianco base, mozzarella, shaved grandmother ham, olives, roast field mushrooms, white anchovies, fresh oregano, bocconcini 23

SPICED MEXICAN CHICKEN

NF

coconut corn puree, mozzarella, mexican spiced chicken, charred pineapple, fresh capsicum coriander medley, jalapeño aioli 23

PRAWN

NF

herbed bianco base, mozzarella, cherry tomatoes, prawns, fresh basil, garlic confit, lemon zest, bocconcini 24

SLOW COOKED BEEF

NF

cauliflower puree, mozzarella, braised pulled beef cheek, lemon zest, caramelised onion, gremolata, fresh parsley, truffle oil 25

LAMB

NF

herbed bianco base, mozzarella, slow cooked pulled lamb, olives, cherry tomatoes, feta, dressed rocket, side of house made tzaziki 25

HAM & PINEAPPLE

NF

napoli tomato sauce, mozzarella, shaved grandmother ham, charred pineapple, bocconcini 22
+ EGG 2

MARGHERITA

NF

napoli sauce, mozzarella, tomato medley, garlic, bocconcini, basil 20

GLUTEN FREE +3.5

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SMALL FRY KIDS MENU

HAM AND PINEAPPLE PIZZA

NF

napoli tomato sauce, mozzarella, shaved grandmother ham, charred pineapple, bocconcini 8

CHEESE PIZZA

V | NF

napoli tomato sauce, mozzarella 8

CRUNCHY TOFU BOWL

VG | DF | GF

roast chat potatoes, broccolini, corn, crunchy tofu, brown rice 12

CHICKEN BOWL

DF | GF

roast chat potatoes, broccolini, corn, chicken breast, brown rice 12

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GLUTEN FREE PIZZA BASES +3.5

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COCKTAILS

PASSION FRUIT KOMBUCHA MOJITO

vodka, kombucha, passion fruit pulp, lime, mint

V6

10

KANYE ZEST MOJITO

blue butterfly peaflower tea, bacardi, triple sec, gin, lemon

V6

10

GINGER SPICE MOJITO

captain morgan, ginger ale, lime, mint

V6

10

B -CARDI B KOMBUCHA MOJITO

bacardi, peach schnapps, peach & mango kombucha, mint

V6

10

MIAMI HEAT

tequila, agave, lemon and lime, jalapeño, grapefruit, chilli

V6

10

APPLECIDER SPRITZ

gin, watermelon puree, aperol, raspberry lime applelachie, mint

V6

10

POMEGRANATE MARGARITA

tequila, pomegranate liqueur, triple sec, lime juice

V6

10

ESPRESSO MARTINI

espresso coffee, vanilla vodka, crem de cacao, kahlua

V6

10

DIRTY DOUG

chambord, lychee liqueur, lemon, coconut crema

V6

10

GLOSSY FLOSSY

gin, fairy floss liqueur, lime, mint

V6

10

AUSTIN SOURS

whiskey, citrus syrup, lemon juice, coconut crema

V6

10

BEER

GOAT LAGER

285ml / 568ml on tap

VG

6 / 9.5

MOUNTAIN GOAT ORGANIC STEAM ALE

285ml / 568ml on tap

VG

6 / 9.5

ASAHI SUPER DRY

300ml / 400ml on tap

VG

8 / 11

SL LAGER

285ml / 568ml on tap

6 / 9.5

LITTLE CREATURES FURPHY

375ml bottle

VG

8.5

LITTLE CREATURES PALE ALE

330ml bottle

VG

8.5

STONE AND WOOD PACIFIC ALE

330ml bottle

VG

8.5

PRICKLY MOSES OTWAY LIGHT

330ml bottle

VG

8

CORONA

355ml bottle

VG

8.5

WINE

DEAKIN ESTATE AZAHARA 200ml

sparkling 12

WIRRA WIRRA MRS WRIGLEY

moscato 10 / 45

MASCARERI

prosecco 12 / 50

ANGEL'S FOOTPRINT

sauvignon blanc 10 / 48

CERTIFIED ORGANIC V6

HARVEST MOON

sauvignon blanc 8 / 38

DEL RIOS

chardonnay 10 / 46

LANGMEIL BELLA ROUGE

rosé 8 / 38

V6

OAKDENE

pinot noir 12 / 56

V6

FAT BASTARD

pinot noir 10 / 48

V6

KOONARA WANDERLUST

cabernet sauvignon 12 / 60

CERTIFIED ORGANIC V6

RYMILL DARK HORSE

cabernet sauvignon 9 / 44

V6

LAUGHING JACK

shiraz 12 / 55

V6

COLD DRINKS

APPLELACHIA

prebiotic sparkling apple cider vinegar
yuzu lemonade | raspberry & native lime

VG GF
7

AMPLIFY KOMBUCHA

organic
pineapple coconut | peach mango | passion fruit lemonade

VG GF
6

SAN PELLEGRINO

500ml sparkling water

7.5

SOFT DRINK

pepsi | pepsi max | lemonade | dry ginger | solo

4

HOT DRINKS

COFFEE

espresso | latte | flat white | cappuccino | soy | macchiato | mochaccino

4

CHAI LATTE

spiced tea with milk

4

TEA

peppermint | chamomile | green | earl grey | english breakfast

4