



BREAKFAST ALL DAY...

Good Morning Benny

Multigrain baguette topped with avo smash, spinach; free range poached eggs & lemon yolk sauce

With your choice off...

	Single	Double
Ham	\$13	\$23
Salmon	\$15	\$26
Mushy	\$12	\$22 (V)

Dukkah Eggs

Toasted ciabatta topped with avo smash, 2 free range poached eggs, house made dukkah & balsamic glaze \$16

Burrito Breakfast Wrap

Scrambled egg, avocado and spicy salsa in a spinach wrap \$14

Corn Fritter Stack

Topped with a free range poached egg, tomato relish, avo smash & balsamic glaze \$19.50

Eggwhite Omelette

Filled with chicken, spinach, cottage cheese and pesto with a side of roasted tomatoes \$20

Berry Banana Protein Pancakes

Topped with cinnamon protein yogurt, fresh fruit & honey \$15 (V)

Pumpkin and Poach mix

Roasted pumpkin, spinach, poached eggs and quinoa nut mix up \$17

Gains Board

Kangaroo steak, spinach, ham, grilled tomato, avocado, mushrooms, two poached eggs and three pieces of multigrain bread \$28

Smashed Avo on Rye

Two pieces of rye with smashed avo, crumbled feta, two poached eggs and a wedge of lemon
\$16.50

LUNCH

Burrito Bowl

With mixed salad, spicy jalapeno & tomato salsa, brown rice, avo smash, black bean & corn mix, mexican shredded chicken & gluten free corn chips \$20 (GF)

Kangaroo Salad

Spinach, apple, beetroot, zucchini, broccoli, kangaroo (GF) \$21

Tuna Patties

Tuna patties with smoked salmon, avocado, capers, spinach and spicy mayo \$18

BURGERS

Chooker Burger

Grilled chicken, pineapple, red onion, carrot, beetroot, alfalfa, spinach & spicy mayo with a side of sweet potato medallions \$15

Muscle Burger

Tenderised lean steak, caramelised onions, carrot, beetroot, alfalfa, spinach & tomato relish with a side of sweet potato medallions \$15

Lentil as Anything Burger

Mixed lentil pattie with fresh herbs and spices, red onion, avo smash, carrot, beetroot, alfalfa, spinach & a pineapple mint salsa with a side of sweet potato medallions \$15 (VE)

Extras

Egg, Roast Tomato, Relish, Cheese \$2.50
Chicken, Beef, Smoked Salmon, Ham, Mushy \$5

PORTION CONTROL

Active Animal \$12.50

100g Protein
100g Veg
50g Carbs
10g Fats

Fitness Fanatic \$13.50

150g Protein
150g Veg
80g Carbs
20g Fats

Body Builder \$15

200g Protein
150g Veg
100g Carbs
30g Fats

Your choose...

Carbs- Sweet pot, rice

Protein-Beef or chicken

Veg- veg or mixed salad

SMOOTHIE BOWLS AND KIDS

NUT LOVER

Banana, coconut flesh, peanut butter, honey and soy milk topped with fresh fruit and muesli. \$14

ACAI LOVER

Acai and banana topped with muesli and fresh fruit \$14

BALI BOWL

Mango, banana, pineapple, coconut flesh and coconut milk topped with muesli and fresh fruit \$14

NAUGHTY NUTELLA

Banana, nutella, coconut flesh, coconut milk \$15

KIDS MEAL DEAL \$12

Sweet potato, grilled ham, boiled egg and dipping soilders optional kids drink

Or

Protein pancake topped with honey, vanilla ice cream and fresh fruit

DRINKS

SMOOTHIES

\$8.50

Turbo

Mixed Berries, Banana, Choc Protein +\$2

Stevie

Pineapple,spinach,mint,lime Coco Water

Big Meza

Vanilla Protein, Muesli, Espresso, Coco Water +\$2

Mindy

Mango, Pineapple, Passionfruit, Lime, Coco Water

Bugger

Banana, Peanut Butter, Greek Yogurt, Honey

JUICES

\$8.50

Jessie J

Beetroot, Watermelon, Lime, Ginger

Slugger

Carrot, Orange, Ginger, Mint

Halano

Beetroot, Carrot, Celery, Apple, Ginger, Lime

Bill

Kale, Spinach, cucumber, Celery, Apple, Mint, Lime

Paddy

Grapefruit, apple, strawberries

HOT COFFEE

Small \$4.00 Large \$4.50

Flat white

Cappuccino

Latte

Long Black

Espresso

Piccolo

Chai

Hot Chocolate

Assorted Tea \$3

COLD COFFEE

Freddo Espresso \$6

Freddo Cappuccino \$6.50

Iced Latte \$4.50

Iced Coffee \$6.50

Iced Chocolate \$6.50

CATERING

Karma café catering platter options...

- 1. Corn fritter with home made chutney - \$60**
- 2. Chicken bruschetta - \$60**
- 3. Ham and vegetable frittatas- \$60**
- 4. Tuna patties- \$60**
- 5. Mexican cups -\$60**
- 6. Assorted quiches (ham, chicken and vegetable) \$50**
- 7. Thai fish cakes with sweet chilli sauce- \$50**
- 8. Chicken sliders -\$70**
- 9. Sandwiches, wraps and fruit- \$30**

Ordering must have 48 hours notice, payment prior to pick up is necessary.

Call Karma on 0449073902

