

Food Menu

SOMETHING SMALL

Assorted Cookies <i>GF & VG</i>	5.5
Toasted Banana Bread With Nuttelex or Honey	7.0
Sticky Date Carrot Cake <i>GF & VG</i>	6.0
Sea Salt Choc Brownie <i>GF & VG</i>	6.0
Raspberry Brownie <i>GF & VG</i>	6.5
Slice of Sourdough Choice of butter, jam, Vegemite or nut butter (+1.5) (vg)	11.0

BOWLS

Served with fresh seasonal fruit & granola.

Berry Bomb Bowl Banana, mixed berries & choice of milk. (Plant Milk +0.7)	15.5	Mango Moves Bowl Banana, mango, passionfruit & choice of milk. (Plant Milk +0.7)	15.5
Green Goodness Bowl Spinach, avocado, banana, green apple, pineapple, mint, lemon, ginger & coconut water. (Plant Milk +0.7)	15.5	Choc-Obsessed Bowl Banana, cacao, honey & choice of milk. (Plant Milk +0.7)	15.5
Power Moves Bowl Banana, oats, pea protein powder, nut butter & choice of milk. Choc or Vanilla (Plant Milk +0.7)	16.5	Granola Bowl Any of our in-house Granolas served with Greek yoghurt, seasonal fruit & a drizzle of honey. (Option to add Coconut Yoghurt +1.5)	13.5

Boost Your Bowl

Oats +1.0 Chia seeds +1.0
Superfoods +2.0 Plant Protein +2.0 Nut butter +2.0 Coconut / Dairy Yoghurt +2.0



The Happy Jar

Food Menu

SOMETHING BIGGER

Avocado on Toast 12.5

Locally made toasted organic sourdough topped with creamy smashed avocado. (vg)

Happy Breakfast 24.5

Locally made sourdough, pastured eggs, haloumi, mushrooms, beans, tomatoes & option of kimchi or sauerkraut.

(vg)

Eggs on Toast 14.5

Eggs (scrambled or fried) on locally made toasted organic sourdough.

TRY ADDING

Sauteed Mushrooms	5.0
Roasted Tomatoes	4.0
Organic Home-made Beans	4.0
Haloumi	5.0
Kimchi	2.5
Extra Slice of Sourdough	2.0
Smashed Avocado	5.0

BAROSSA BAGELS

Choose your bagel - Salted, Poppy Seed or Gluten Free (+1.5)

Plain Jane 12.0

Choice of butter, jam, Vegemite or nut butter (+1.5) (vg)

Classic Smash 17.0

Smashed avo, fresh tomatoes & local Beerenberg tomato relish. (vg)

The OG Avo 15.5

Smashed avo sprinkled with an everything bagel mix. (vg)

Happy Hummus 17.0

Smooth hummus, topped with seasonal roasted veggies, pickled red onion & a drizzle of local olive oil. (vg)

TOASTIES

Ultimate Veggie 15.0

Seasonal roasted veggies, creamy basil pesto & cheese. (vgo +1.0)

Grilled Cheese 13.5

Cheese, fresh tomato, red onion & tomato relish. (vgo +1.0)

SALADS

Delicious, fresh, house-made salad 15.5

See display cabinet for this week's salad special.



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