

CAT & COW FOOD

vegan = (V)
dairy free = (DF)
gluten free = (GF)
option = (O)

CAT & COW DRINKS

CAT & COW FAVES

Avocado Smash | 17.5 (V)

2 sourdough, smashed avocado, hemp seeds & seasonings with lemon
add egg +5 | haloumi +6 | bacon +6

AB Oats | 18 (V)

overnight almond butter oats, sliced banana & berries, with seeds & coconut
add yoghurt +2 | coyo +3

Breakky Roll | 17.5 (GFo)

milk bun, mixed leaves, sliced cheese, a soft boiled egg
with: bacon **OR** halloumi **OR** both +5

Baked Beans | 24.5 (Vo)

2 sourdough, house baked beans, a soft boiled egg & butter
with: chorizo **OR** avo smash

Cat & Cow Waffles | 23 (DF)(GF)

waffles with yoghurt, fresh fruit, nut butter & honey

Harvest Bowl | 25 (Vo)

salad base, roasted veg, dressed with house pesto and topped with hummus, avo & seeds
with: an egg **OR** feta **OR** both +4

House Granola | 15 (Vo)

with greek yoghurt and berry chia jam
add fruit +5

BUILD YOUR OWN

1. BASE:

Bread: with butter

Sourdough x2 **9** | x1 **4.5**
Gluten Free x2 **11** | x1 **5.5**

Waffles: without toppings **10** (GF)

2. PROTEIN:

Haloumi **6** | Goats cheese **6**
Soft Boiled Egg x1 **5** | x2 **8**
Baked beans **6**
Tuna mousse, lemon **7**
Bacon **6** | Chorizo **7**
Greek yoghurt **3** | Coyo **5**

3. VEG & FRUITS:

Avo smashed, lemon & seasonings **7**
Half **3.5**
Seasonal mixed fruit **5**
Roasted vegetables **6** | Miso Mushroom **5**
House pickled onions **2**

4. SPREADS:

Jam **0.5** | Vegemite **0.5** | Berry Chia Jam **2.5**
Peanut butter **2** | Almond butter **3**
Maple syrup **1.5** | Honey **0.5**

TOASTIES

toasties served with dill pickles

Cheese & Ham | 14.5

Cheese & Tomato | 14.5

Kids Cheese Toastie | 8

Tuna Melt | 18.5

aioli, house pickled onions, cheddar & mixed leaves

Nonie's GF Charcoal Bread +2

Vegan Toastie | 18.5 (V)

miso mushroom, pickled onion sriracha hummus, pesto & mixed leaves *add haloumi +6*

PASTRIES

Tuga Quiche | 11.5

add side salad +4

Toasted Croissant | 6

plain | butter | jam

Banana Bread | 8.5

toasted with butter

Cheese & Ham/Tomato | 11.5

COFFEE

+20c disposable TA cup

BLACK MARKET ROASTERS

Milk Coffee | 4.8

Liberty Blend

Black Coffee | 5.3

Single Origin

FILTER COFFEE

Batch Brew | 5.3

Iced Filter | 5.8

SPECIALTY DRINKS

Espresso Tonic | 9

Liberty Blend espresso with tonic & orange peel.

Turmeric Latte | 6

Matcha Latte | 7

Hot Chocolate | 5.5

Vegan Sticky Prana Chai | 6.5

+0.5 Oat | Almond | Soy | Iced | Extras

TEAS

English Breakfast Tea | 5

Peppermint & Wild Mint | 5

australis organic peppermint & australian wild river mint.

Genmaicha | 5

toasted-rice green tea.

Defense | 5

lemongrass, turmeric, rosehip, lemon myrtle, hibiscus, pawpaw leaf, & ginger.

Wild Woman Infusion | 5

nettle, hibiscus, oatstraw, cinnamon, & rose.

Pai Mu Tan | 5

premium white tea.

Iron Goddess | 5

premium oolong tea.

COLD DRINKS

+ \$2 TA glass jar

+1 add protein powder

Old School Smoothie | 11 (Vo)

with honey, pick your flavour:
Banana | Mango | Berry | **OR** mixed

Green Smoothie | 13.5 (V)

spinach, banana, mango, coconut water.

Cat & Coffee | 13.5 (V)

banana, filter coffee, raw cacao, peanut butter, almond milk.

Milkshakes (Vo)

Chocolate **9** | Vanilla **9** | Coffee **11** | Berry **9**

IN OUR FRIDGE

see fridge for available flavours

Turmeric Boost Shot | 6.5 (V)

turmeric, ginger, lemon, carrot & pepper

Simon Says Juice | 10 (V)

Taste Drinks Sparkling Juice | 7 (V)

Rhubarb & Berry | Apple

My Local Kombucha | 7.5 (V)

KIDS DRINKS

Babychino | 2.2 (Vo)

Kids Hot Chocolate | 4.5 (Vo)

Simon Says Kids Juice | 7.5 (V)

see fridge for available flavours

Kids Milkshakes (Vo)

Chocolate **7** | Vanilla **7** | Berry **7**

Kids Smoothie | 9 (Vo)

with honey, pick your flavour:
Banana | Mango | Berry | **OR** mixed

Weekend Surcharge of 10% and Public Holiday Surcharge of 15%