

HEALTH BAR

MELBOURNE

COFFEE

ESPRESSO / SHORT MAC	3.5
DOUBLE ESPRESSO / LONG BLACK / LONG MAC	4
LATTE / CAPPUCINO / FLAT WHITE	4
MAGIC / PICCOLO / ICED LATTE / MOCHA	4
COLD DRIP	5
ICE COFFEE	7
POUR OVER	8
COLLAGEN LATTE	8
DECAF	0.5

MILK

HAPPY HAPPY SOY BOY	0.5
MILK LAB ALMOND MILK	1
COCO SOUL COCONUT MILK	1
ALTERNATIVE DAIRY CO. OAT	1

TEA

ENGLISH BREAKFAST	4.5
DIGEST: FENNEL, PEPPERMINT, LICORICE & CALENDULA	5.5
RESTORE: ECHINACEA, MARSHMELLOW LEAF, LEMON MYRTLE, ROSEHIP & HIBISCUS	5.5
ENERGISE: LEMONGRASS, PAPAYA, CINNAMON & GINGER	5.5

SMOOTHIES

DAILY GREEN | GF, VG, CN / 9.5

APPLE, CUCUMBER, AVOCADO, PROBIOTIC GREENS, SPINACH, DATES & COCONUT WATER

PEANUT BUTTER JELLY | GF, VG, CN / 9.5

DATES, HOUSE MADE PB, BANANA, RASPBERRIES & COCONUT MILK

SNICKERS | GF, VG, CN / 9.5

DATES, HOUSE MADE PB, BANANA, CACAO, ICE & COCONUT WATER

FOXY MANGO | GF, VG / 9.5

MANGO, COCONUT YOGHURT, PASSIONFRUIT, BANANA & COCONUT WATER

BOLTY RED | GF, VG / 9.5

BLUEBERRIES, STRAWBERRIES, RASPBERRIES, BLACKBERRIES & COCONUT MILK

GOLDEN GRIND | GF, VG / 9.5

GOLDEN GRIND TURMERIC POWDER, BANANA, DATES & COCONUT MILK

POST WORK OUT | VG, CN / 10

OATS, BANANA, PLANT PROTEIN ALMOND BUTTER, CINNAMON & OAT MILK

ADD: COFFEE SHOT, PLANT BASED PROTEIN, HOUSE MADE PEANUT BUTTER OR ALMOND BUTTER / 1

NOT COFFEE

TURMERIC COCONUT LATTE	5
CALMER SOY CHAI	5
MORK HOT CHOCOLATE	4.5
BABY CINO	1.5
LIONS MANE	8
Medicinal mushroom mood & brain activation supplement, served with maple & cinnamon on oat milk, over ice (a must try).	

BOTTOMLESS SPARKLING 5

MILKSHAKES

CHOCOLATE	6.5
VANILLA	
CARAMEL	
STRAWBERRY	

PLEASE FLAG ANY ALLERGIES OR INTOLERANCES
WITH OUR TEAM SO WE CAN BEST ACCOMMODATE YOU.

GF Gluten Free | GFO Gluten Free Option
V Vegetarian | VG Vegan
VGO Vegan Option | CN Contains Nuts

HEALTH BAR

MELBOURNE

EGGS, TOAST, ETC

EGGS, YOUR WAY / 12 | GFO, V

Poached, fried or scrambled eggs on organic sourdough toast + your choice of add ons

TOAST, YOUR WAY / 9 | GFO, VGO

Organic sourdough toast with your choice of butter, jam, house made peanut butter or vegemite

FRUIT TOAST / 9 | V

Organic sourdough fruit toast & butter

OLIVER'S BREAD / 10 | V, CN, GF

- Beetroot & Fennel Bread with vegan pesto & pumpkin
- Pumpkin & Quinoa Bread with beetroot hummus & avo
- Banana, Honey & Coconut Bread with PB and banana
- Apple, Date, Walnut & Fig Bread with almond butter, sliced apple, walnut & maple

OLD MATE EGG & BACON / 12 | GFO

Free range egg & bacon with rocket, tomato relish & whole egg mayo served on turkish roll

VEGAN OLD MATE / 12 | VG, GFO

Pumpkin, spinach, mushrooms, roast beetroot dip & vegan pesto served on turkish roll

CLASSIC TOASTY / 10 | GFO, VGO

Ham, Cheese & Tomato on organic sourdough

BIRCHER MUESLI / 14 | V, CN, VGO

House made bircher, coconut yoghurt, walnuts, honey & cinnamon, served with seasonal fresh fruits

CHILLI SCRAMBLE / 18 | GFO

Signature HB herbed spicy scramble with cherry tomato, crispy bacon, shallots & Vietnamese mint

SMASHED AVO / 16 | GFO, CN

Avocado, marinated goats cheese, pepitas, pickled onion & lemon served on organic sourdough toast Add eggs: + 2

BANANA BREAD / 14 | V

House made banana bread served with maple butter, banana & PB

MUESELI / 12 | VG, GF

Locally made gluten free, fruit free, vegan muesli served with your choice of milk & a dollop of organic coconut yoghurt

I'M DUSTY / 22 | GFO

Eggs your way, crispy bacon, sausages, potato rosti, tomato on organic sourdough toast & a berocca (we've all been there).

I DON'T DO BREAD / 16 | GFO, V

Scrambled free range eggs, Mushroom, Spinach & Avo

ADD ONS:

BACON, AVO, HALOUMI / SALMON / 5
TOMATO, MUSHROOM, GOATS CHEESE,
POTATO ROESTI / 4
SPINACH, KIMCHI, BEANS / 3
RELISH, EXTRA EGG / 2

KIDS

MAC'S TOAST / 6 | GFO, V

Toast with house made peanut butter, vegemite, honey or jam

CHEESY TOAST / 7 | GFO, V

Turkish bread with cheesy melt Add ham or tomato + 1

RAINBOW PLATE / 8 | GF, V, VGO

Sliced seasonal fresh fruit, corn chips & cheese

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*We are all
under the one umbrella*
”
GARY MCCARTHY

BEYOND OUR MENU, WE HAVE A CABINET FULL OF FANTASTIC GRAB & GO OPTIONS.

GF Gluten Free | GFO Gluten Free Option
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HEALTH BAR BOWLS

SUMMER NOODLE / 17 | GF, VG, CN

Rice noodles, carrot, peanuts, chilli cucumber, spinach, spring onion, basil, vietnamese mint dressed with almond butter & lime + shredded chicken or tempeh / 5

NOURISH / 20 | GF, VG, CN

Broccoli, carrot, beetroot, cherry tomatoes, cucumber, red onion, avocado, almonds, kimchi, pepitas & sunflower seeds served with tahini lemon & maple dressing

MEXICAN / 21 | V, VGO, GF

Brown rice, house made bean mix, charred corn, corn chips, house made guac, tomato, red onion, jalapenos & sour cream

HEALTH IS WEALTH / 21 | V, VGO, CN

Sauteed kale, asparagus & broccolini with garlic mushrooms, pine nuts halloumi & a soft boiled egg

SMOOTHIE BOWLS

ACAI / 18 | VG, GFO

Acai, berry & banana base, topped with fresh fruit, seeds & organic beetroot granola (You should add peanut butter + 1).

SNICKERS / 16.5 | VG, CN, GFO

Banana, avocado, date, house made PB, & cacao base, topped with peanuts, banana & coconut flakes

SUNSHINE / 16.5 | VG, CN, GFO

Mango, banana & pineapple base, topped with nutty mango-turmeric granola, banana, goji berries & strawberries

DRAGON / 16.5 | VG, CN, GFO

Dragon fruit, raspberry & banana base, topped with nutty mango-turmeric granola, banana & passionfruit