



**PLEASE LET STAFF KNOW OF ANY DIETARY REQUIREMENTS**

At Livefast Lifestyle Café, we take utmost care in providing gluten-free and allergen-sensitive options for our valued customers. However, it is essential to understand that our facilities handle a variety of ingredients, some of which may contain gluten or other allergens. While we strive to maintain strict protocols to prevent cross-contamination, we cannot guarantee an entirely allergen-free environment



**BREAKFAST 7AM-3PM WEEKDAYS / 4PM WEEKENDS**

**ADDITIONS**

<b>TOAST &amp; JAM [v, vgo, gfo, dfo]</b>	<b>9.5</b>	bacon	<b>6</b>
Two slices of Zeally Bay <u>fruit loaf</u> or <u>sourdough</u> , with butter and Mitch's Preserves jams		smoked salmon	<b>6</b>
		grilled chicken	<b>6</b>
		Yay vegan feta (2 cubes)	<b>6</b>
<b>BIRCHER OATS [v, vg, df]</b>	<b>18</b>	smashed avocado	<b>5</b>
Overnight citrus oats with passionfruit coyo yoghurt, spiced poached green apple with caramelised pecan clusters		roasted herb tomatoes	<b>5</b>
		herb roasted mushrooms	<b>5</b>
		chorizo	<b>6</b>
<b>FRASIER FRENCH TOAST [v]</b>	<b>24</b>	halloumi	<b>6</b>
Thick sliced brioche French toast with blueberry compote, fresh strawberries, diplomat cream, vanilla ice cream & chocolate sprinkles		extra slice sourdough	<b>3</b>
		tomato relish	<b>3</b>
		chilli jam	<b>3</b>
<b>EGGS BENEDICT [gfo]</b>	<b>21</b>	hash brown	<b>3</b>
Two poached local free range eggs on a slice of sourdough with spinach, smoked salmon & house made lemon-dill hollandaise		free range egg	<b>3</b>
		house made baba ghanoush	<b>3</b>
		house made vegan aioli	<b>3</b>
<b>SMASHED AVOCADO [v, gfo, df, vg]</b>	<b>22</b>	mt zero dukkha	<b>3</b>
Smashed avocado on sourdough with rocket salad, charred corn, pickled red onion, gremolata bread crumbs, chilli jam & dill oil (add a poached free-range egg or two cubes of YAY vegan feta for \$6)		make it gluten free	<b>3</b>
		> // <	
		// FOR THE KIDS //	
		< // >	
<b>EGGS YOUR WAY [v, dfo, gfo]</b>	<b>12.5</b>	<b>TOAST+ SPREAD[v, gfo]</b>	<b>6.5</b>
Two local free-range eggs on one slice of sourdough > <u>poached</u> , <u>fried</u> , or <u>scrambled</u>		two slices white toast +	
		jam, peanut butter or	
		vegemite	
<b>BREAKIE BURGER [gfo]</b>	<b>\$18</b>	<b>EGG ON TOAST [v, gfo]</b>	<b>8.5</b>
Fried egg, haloumi, hash brown, spinach & bacon on a potato bun with bbq sauce (add chorizo for \$5)		poached, fried, or scrambled	
<b>BRUSCHETTA [v, gfo]</b>	<b>\$21</b>	<b>KIDS WAFFLE [v]</b>	<b>12</b>
Artisan sourdough baguette with rocket salad, buffalo mozzarella, roasted mini tomatoes, fresh basil pesto and a balsamic reduction (add a poached egg for \$3)		Served with fresh	
		strawberries, ice cream &	
		maple syrup	

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**LUNCH 11AM-3PM WEEKDAYS / 4PM WEEKENDS**

**SUPER SALAD [df, gf]**  
Smoked salmon, five bean mix, quinoa, shredded kale, grilled corn from the cob, fresh herbs, roasted almonds and dill oil

**GREEN BOWL [v, vg, gf, df]**  
Brown rice, edamame, shredded kale, YAY vegan feta, asparagus, roasted almonds and salsa verde (add roasted mushrooms for \$5)

**MEDITERANEAN SAUSAGE PITA**  
Two lamb & rosemary sausages on pita bread with baba ghanoush, rocket and Greek salad, and a side of chips

**BARRAMUNDI [gf]**  
Baked barramundi with a lemon cream sauce, brown rice, grilled asparagus, roasted mini tomatoes, pickled red onion and fresh basil pesto

**MUSHROOM BURGER [v, vg, df, gfo]**  
Grilled mushroom on a potato bun with rocket salad, salsa verde, tomato, red onion, vegan cheese, vegan aioli and a side of chips

**CHICKEN BURGER**  
Grilled chicken breast on a potato bun with tomato, red onion, tasty cheese, bacon, rocket salad and a side of chips

23

22.5

23.5

26

23

23

FROM THE CABINET (no alterations)

**HAM TOASTY ON TURKISH BREAD** 15  
Smoked ham off the bone, tasty cheese, spinach & tomato relish

**VEGAN TOASTY ON TURKISH [vg]** 15  
House made baba ghanoush, roast veg, vegan cheese, salsa verde and spinach

**REUBEN TOASTY ON TURKISH** 15  
Pastrami, Swiss cheese, sauerkraut & Russian dressing

FOR THE KIDS

**CHICKEN BURGER [gfo]** 13  
Grilled chicken breast, tasty cheese and tomato sauce on potato bun

**KIDS GREEK SALAD [gfo, df]** 13  
With sausage and pita bread

SIDES

**BOWL OF CHIPS [vg, gf, df, v]** 10  
With house vegan aioli + tomato sauce

**HOUSE SALAD [vg, gf, df, v]** 8.5  
Vegan Greek salad





soft drinks available from fridge

BEERS AND BREWS

PAPER SCIS' ROCK <i>strawb-kiwi sour</i> 375ml	can 3.5%	8
HOP NATION <i>organic lager</i> 375ml	can 5.0%	8
PAPER SCISSORS ROCK <i>pale ale</i> 375ml	can 6.5%	8
HOP NATION <i>xolo hazy ipa</i> 440ml	can 5.6%	12
PAPER SCISSORS ROCK <i>dark vader stout</i> 375ml		8
MOON DOG <i>pink flamingo g'fruit seltzer</i> 330ml	can 4.0%	8
MOON DOG <i>peach iced tea seltzer</i> 330ml	can 4.0%	8
MOON DOG <i>raspberry sorbet seltzer</i> 330ml	can 4.0%	8
FAIRE FERMENTS CO-OP CIDER		
Apple 6% OR Pear 5.5%	bt1	9
BOTANICAL BREW JUN KOMBUCHA	bt1	9
Ginger & Lemon Myrtle OR Mandarin & Finger Lime 4.0%		

WINE

THE STORY WINES		
marsanne/roussanne/viognier 2017	gls 10.0   bt1	45
HOUSE OF MUCK rose 2020	gls 9.0   bt1	42
CLARNETTE & LUDVIGSEN riesling '20	gls 8.0   bt1	36
DOG ROCK tempranillo 2020	gls 9.0   bt1	42
ATR WINES chockstone shiraz 2019	gls 8.0   bt1	36

soft drinks available from fridge

MIKRO ROASTERS COFFEE

espresso	3.5
long black	4
short macchiato	4
long macchiato	4.5
flat white	4.5
latte	4.5
cappuccino	4.5

GROUNDLED PLEASURES

hot chocolate	4.5
salted caramel hot choc'	4.5
white hot chocolate	4.5
spiced chai latte	5
mocha	5
white choc' mocha	5
dirty chai latte	5.5

TEA POTS BY LOVE TEA

english breakfast	5
french earl grey	
turmeric	
lemongrass + ginger	
green	
peppermint	
calming chamomile	
white rose + goji	
digestive	
wet chai [vgo] + \$2	

OPTIONAL EXTRAS

large	1
strong, decaf, flavor	.5
soy milk, almond milk	.5

ICED DRINKS

cold drip	6
cold drip spritz cold drip, tonic, fresh orange	8
iced long black espresso, ice, cold water	4
iced latte espresso, ice, cold milk	4.5
iced coffee espresso, ice, ice-cream, milk, cream	7
iced chocolate, ice, ice-cream, milk, cream	7

MILKSHAKES

chocolate   vanilla   strawberry   caramel banana   blue heaven   lime	6
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FRESH JUICES

apple	7	orange + carrot + lemon + ginger	8
orange	7	apple + watermelon + lime + mint	8
watermelon	7	make your own mix	8