



BREAKFAST

Served from 8am to 11:30am Mon to Fri

All prices are subject to 10% service charge

COOLING BREAKFAST

ACAI BERRY BOWL 12
Organic Acai, Mango, Banana, Chia Seeds, House-made Granola, Organic Mixed Seeds, Goji Berry, Coconut flakes
- V, DF

CINNAMON SPICED OVERNIGHT OATS 9.5
Organic Rolled Oats & Chia Seeds, Coconut Milk & Organic Cranberries
NB: oats can contain trace of gluten
- V, DF, NF

Add on Organic Mixed Nuts or Seeds 2.5
Add on Banana 2

HOUSE GRANOLA WITH COCONUT YOGHURT 11
Organic Rolled Oats, Walnuts, Cinnamon, Goji Berries & fresh fruit -V, DF
NB: Oats can contain traces of gluten

CHIA SEED PUDDINGS 8
Organic Chia Seeds with Coconut Milk in Mango or Dragon fruit
- V, DF, GF, NF

WARMING BREAKFAST

BREAKFAST WRAP 12
Scrambled eggs, tomato, avocado, mushrooms & spinach
- VG, DF, NF

REBEL BREAKFAST 14
Cage Free Eggs, Spiced Chickpeas, Mushrooms, Peppers, Avocado & Sour-Dough Toast
(bread can contain trace dairy)
- VG, DF, NF
Swap to Gluten-Free bread 3.5

ULTIMATE BREAKFAST 15
Rebel breakfast without the carbs & chickpeas and Aussie grass-fed beef
- DF, GF, NF
Designed By Ultimate Performance Gym with the athlete in mind

3 EGG OMELETTE 6
With spring onions
- VG, DF, GF, NF
Add on: mushrooms 3
Steamed organic greens 3
Avocado 2.5

BUCKWHEAT PORRIDGE W CASHEW BUTTER 11
Warming gluten-free organic grain with house-made cashew butter, provides a steady slow release of energy.
- V, DF, GF

SOUR-DOUGH TOASTS 9
(bread can contain trace dairy)
(Go Gluten-Free +3.50)

Avocado
- V, DF, NF
House made Nut Butter - choose organic almond, cashew or peanut butter
- V, DF

ADD-ONS

PROTEINS
MIXED ORGANIC NUTS OR SEEDS 2.5
CAGE-FREE EGGS 3
Fried/Scrambled
GRASS-FED BEEF 6.5

CARBS
TOAST 2.5
GLUTEN-FREE TOAST 3.5
ROAST SWEET POTATO 3
BANANA 2

VEG
SAUTEED MUSHROOMS 3
BAKED PUMPKIN 3
ORGANIC LOCAL GREENS 3

GOOD-FATS
AVOCADO 2.5

BREAKFAST

V = VEGAN, VG = VEGETARIAN,

DF = DAIRY FREE, GF = GLUTEN FREE, NF = NUT FREE