

KICK START

FRESH JUICE BAR

SUPER GREEN JUICE CHIA POWDER, CUCUMBER, APPLE, SPINACH, MINT	9
MORNING KICK APPLE, CARROT, BEETROOT, GINGER, LEMON	8
MORNING LOVE PEAR, APPLE, GINGER	8
JUNGLE JUICE FRESH PINEAPPLE, APPLE, MINT, PASSION FRUIT	9
MORNING BURST CRANBERRY JUICE, CARROT, ORANGE, GINGER	9

SMOOTHIES & SHAKES

MILK SHAKES

CHOCOLATE, STRAWBERRY, VANILLA, BANANA, BLUE HEAVEN	6
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SUPER BLUEBERRY

ACAI POWDER, YOGHURT, HONEY, ICE CREAM	8.5
BANANA - HONEY, YOGHURT, ICE CREAM, NUTMEG	8.5

Cold Pressed Juice

Hulk Squeeze - Apple, Cucumber, Lemon, Kale, & Spinach	9
Rejuvenation Juice - Cucumber, Apple, Celery, Lettuce, Pineapple	9.5
Healthy Habit - Carrot, Spinach, Beetroot, Cucumber & Ginger	9.5
Turmeric Splash - Carrot, Apple & Turmeric	9.5
Merry Monkey - Orange, Pear & Passionfruit	9

Coffee & Tea

Coffee	4/4.7	Add Extra Shot	0.5	Hot Chocolate	4.7 / 5.2
Chai (Fresh Chai)	4.7	Dirty Chai	5.2	Turmeric Latte	4.7
Iced Latte (With Ice)	4/4.7	Iced Coffee (Ice Cream)	6.2	Iced Chocolate (Ice Cream)	6.2
A.R.T. Espresso Roast Beans	250 gram Bag	17.5	1 Kilogram Bag	55	

Milk Options

Soy Milk	0.5	Almond Milk	0.5	Oat Milk	0.5	Coconut Milk	0.5
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T2 Tea

French Earl Grey	4.2	/	English Breakfast	4.2	/	Gorgeous Geisha	4.2
Just Chamomile	4.2	/	Just Peppermint	4.2	/	Irish Breakfast	4.2
Sencha	4.2	/	Lemongrass & Ginger	4.2			

Cold Drinks

San Pellegrino Sparkling	Water	4 / 6	Limonata / Rossa / Chinotto	4
Coke	Regular / Diet / Zero - Can	4		
Capi	Lemonade / Flamin' Ginge r/ Blood Orange / Grapefruit / Soda / Tonic	4		
Remedy Kombucha	(Sugar Free) Peach / Ginger Lemon / Raspberry Lemonade	5		
Byron Kombucha	Lemon Myrtle / Ginger	Bottle	5	

Sweet Treats

Baked Muffins, Portuguese Tarts & Donuts	4.5	House Cookies	3.5
Rugalah / Biscotti / Jam Strudel	4	Cup Cakes	5.5
Cake With Cream/Ice Cream	8.5		

All Day Breakfast

Toast & Spread - Sour Dough, Multi Grain, Gluten Free, Light Rye, Turkish Pide, English Muffin, Fruit Loaf, With Your Choice...	
Farm Jam, Vegemite, Peanut Butter, Honey, Or Marmalade	7
Monkey Fruit Salad (Seasonal Fruits) Toasted Almonds, Coconut, Greek Yoghurt & Honey	12.5
Crumble Bomba Cup -Vanilla Raspberry Compote, Crumble, Greek Yoghurt, & Shaved Roasted Coconut	12
Bircher Muesli Chia Apple, Blueberries, Toasted Coconut Flakes, Almonds, Greek Yoghurt & A Splash Of Fresh O/ J	12.5 (Df)
Flips Five Grain Porridge Or Baby Oats Porridge Rhubarb, Grilled Banana, Coconut Chips, Almond Flakes & Coconut Yoghurt	10.5/13.5
Pancake Stack - Passionfruit Curd, Whipped Cream & Fresh Berries	18.5
Savory Pancakes - Baked Beans, Chipolatas, Grilled Tomato & Eggs	18.5

Avo Smash Poached Eggs, Feta & Charred Lemon On Multigrain	19.
Chilli Scramble Roast Sweet Potato, Bok Choi, Broccolini, Bean Shoots, Fresh Chilli, Coriander & Fried Shallots	18.5 (Gf, Df)
Super Green Breaky Bowl Wilted Kale, Green Beans, Broccolini, Avocado, Pesto, Pepitas, Haloumi, Almond Dukkah & Poached Egg	19.5
Monkey Fungi Polenta Chips, Baby Spinach, Pecorino, White Truffle Oil, Fetta & A Poached Egg	18.5 (Gf)
Hollandaise Eggs - Two Poached Eggs Served On An English Muffin As Is	15.5
Or Choose Benedict Served With Grilled Virginia Ham	19.5
Florentine Served With Wilted Baby Spinach	18.5
Royale Served With House Cured Salmon	19.5
Gym Junkie Egg White Omelette - Roast Sweet Potato, Broccolini, Kale, Toasted Almonds, Pesto, Feta & Sour Dough Toast	20.5)
<u>Want To Include The Yolks ?</u> <u>No Extra Charge</u>	
Hungry Monkey - Eggs Your Way, Baked Beans, Grilled Tomato, Bacon, Chipolata Sausage, Hash Brown & Sourdough Toast	24.5
Eggs On Toast Your Way Poached, Scrambled Or Fried & 2 Slices Your Choice	12.5

On the Side

Bacon/Ham/Chorizo	6	Chipolata Sausage X3-	6	House Cured Salmon	6
Avocado	5	Tuna	5	House Baked Beans	4.5
Haloumi / Fetta	4.5	Polenta Chips X 2	4.5	Hash Brown	4
Grilled Tomato	4	Mushrooms	4	Baby Spinach	4
Toast	3.5	Extra Egg	3.5	Swiss / Tasty Cheese	3
Hollandaise Sauce	3	Hummus	3		

Something More...

House Salad Mixed Leaves, Cherry Tomatoes, Red Onion, Cucumber, Kalamata Olives, Fetta & House Dressing	15)
Add House Cured Salmon, Tuna, Chicken	+ 6
Summer Salad Orange, Shaved Fennel, Avocado, Fetta, Red Onion, Pepitas & Mixed Leaves	16.5
Add Chicken Or Salmon	+ 6
Monkeys Couscous Salad Cauliflower, Spinach, Currants, Peas, Hummus, Pomegranate Dressing & A Fresh Lemon Wedge	15.5
Add House Cured Salmon Or Chic	+ 6
Thai Chicken Salad Grill Chicken, Carrot, Cucumber, Bean Shoots, Wombok, Thai Herbs, Chilli, Vermicelli Noodles, Peanuts, Fried Shallots & A Nam Jim Dressing	19.5
Vietnamese Crunchy Prawn Salad Grilled Prawns, Rainbow Slaw, Fresh Coriander,	

Mint, Chilli, Fried Shallots, Crispy Noodles & Zesty Vietnam Dressing 21.5

Nasi Goreng Jasmin Rice, Chilli, Cabbage, Tofu, Coriander, Spring Onions, Cucumber, Free Range Egg, Toasted Coconut Chips, Crushed Cashews & Fried Shallots 16
Add Chicken Or Bacon + 6

Open Omelette With Cheese, Tomato & Spinach & A Slice Of Sourdough Toast 7.5

Linguini Your Way.

Light - Bacon, Mushrooms, Spring Onion In A White Wine Virgin Olive Oil Sauce

Arrabiata - Tomato Passata, Chilli, Grilled Capsicum, Zucchini, Baby Spinach & Spring Onions

Cream - Chicken, Diced Tomatoes, Pine Nuts, Spinach
- All Served With Freshly Grated Pecorino 18

Sweet Corn & Zucchini Fritters - Baby Spinach, Cherry Tomatoes Guacamole. Chive Sour Cream, & Poached Egg 18.5

For the Little Ones

Tiger Toast - Sour Dough Toast, Vegemite And Tasty Cheese 6

Egg On Toast - Scrambled, Poached, Fried On Sour Dough Toast 6

Hot Cakes - With Maple Syrup Or Honey And Ice-Cream 6

Porridge - With Banana And Maple Syrup Or Honey 6

Sandwich Board

Panko Crumbed Chick Burger - Brioche Bun, Lettuce, Tomato, Red Onion, Bacon, Melted Cheese & Chipotle Aioli. With Choice-Chips/Side Salad 19.5

Steak Sandwich Crispy Bacon, Tomato, Rocket, Beetroot Relish, Smoky Aioli on Turkish Pide. With Your Choice Of Chips Or Side Salad 20

Monkey Rueben Sandwich Pickled Red Cabbage, Rocket, Corned Beef, Melted Swiss Cheese, Dijon Mustard On Rye. With Choice Of Chips/Side Salad 19

HCT Toasty Ham, Tasty Cheese & Sliced Tomato 12.5

New York Bagel Crispy Bacon, Fried Egg, Lettuce & Aioli 16

Salmon Bagel Cream Cheese, Capers, Red Onion, Cucumber & Rocket 16

Tuna Bagel Hardboiled Egg Mayo, Corn, Pickled Gherkin, Baby Cos & Tomato 16

Open BLT Bacon, Baby Cos, Tomato, Relish & Balsamic Reduction On Multigrain 16.5