



VEGAN BREAKFAST AND LUNCH MENU

Strawberry Smoothie <i>GF</i>	10
Strawberry, pineapple, coconut water	
Green Smoothie <i>GF</i>	10
Banana, spinach, avocado, almond milk	
Acai Bowl <i>GF</i>	17
with banana, granola, raisins, blueberry, kiwifruit	
Smoothie Bowl <i>GF</i>	17
with raw cacao, banana, chocolate granola, peanut butter, chia seeds	
Mango Bowl	17
with banana, coconut yoghurt, granola	
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Vegan Crab Cakes	16
Heart of Palms and chickpeas cakes, green salad and vegan aioli.	
Portobello mushroom,	22
garlic and thyme, smashed avocado, panko crumbed tofu, grilled sourdough	
Fried Tofu Benedict,	21
spinach, potato and leek cake, zesty vegan hollandaise	
Miro Health Board	19
Banana, spinach, avocado, almond milk smoothie Raglan coconut yoghurt, granola, seasonal fruit. Avocado, multigrain toast.	
SIDES	8
Hand cut chips, ketchup Potato and leek cake Green Salad, sherry vinegar dressing	
SWEET	
Affogato	11
Allpress coffe, vanilla bean coconut ice cream	17
With Frangelico	