

OLD FASHIONED MILKSHAKES 8.50 *contains dairy*
Banana | Chocolate | Lime | Strawberry | Vanilla

REAL FRUIT SMOOTHIES 9 (GF)

Mango Lassi
Mixed Berry, Banana & Almond Milk (DF, VG)
Classic Banana & Yoghurt
Green Tropical w- Spinach, Banana, Mango & Lime (DF, VG)

FRESHLY SQUEEZED JUICE 9

Classic Orange Carrot, Ginger & Turmeric
Apple & Beetroot Carrot, Orange & Apple

ICED DRINKS

Coffee Over Ice **5.20**
Coffee Frappe **8**
Mocha Frappe **8** Lemon Lime Soda **5**
Chocolate Frappe **8** Old Fashioned Lemonade Soda **5**
Matcha Frappe **8** Peach Sparkling Iced Tea **5**

HOT DRINKS

Flat White **4.50 | 5.20**
Cappuccino **4.50 | 5.20**
Long /Short Black **3.50**
Latte **5.20** Matcha Latte **5.20**
Mocha Latte **5.50** Spicy Chai **5.20**
Belgium Hot Chocolate **5.20** Turmeric Latte **5.20**

Extra Coffee Shot 0.90
Soy | Oat | Almond 1.00
Caramel | Vanilla | Hazelnut Shot 0.90

TEA 4

English Breakfast | Earl | Grey
Moroccan Mint | Ginger Lemon | Berrylicious | Japanese Green Tea

PHOENIX SPARKLING DRINKS 4.80

Cola | Ginger Beer | Diet Cola | Lemonade
Cranberry & Lime | Feijoa

PHOENIX JUICE RANGE 4.80

Guava | Feijoa | Blackcurrant | Apple | Orange Mango Juice

PHOENIX WATER 4.80

Sparkling or Still Water

CHILDRENS DRINKS

Fluffy **3**
Small Hot Chocolate **4.50**
Milk Shake **4.50**
Fruit Juice Pouch **4**

KIDS MENU 10

- Cheeky Monkey – Sliced Fresh Banana, Gluten Free Crepes x 2, Side Chocolate Sauce
- Scrambled Egg, Toasted Brioche Fingers
- Half- Bacon Eggs Benedict
- Grilled Open Faced, Bacon & Cheese Toasties x 2
- Mini French Toast- Fingers, Cinnamon Sugar, Side Maple Syrup & Vanilla Custard Cream
- Fried Chicken & Mini Fries w Side Aioli & Ketchup

GRAIN FREE GRANOLA, BLUEBERRY COMPOTE, SIDE OF ALMOND MILK 15 (GF, VG, DF)

KREEM TOASTED MUESLI, HONEY, GREEK YOGHURT STRAWBERRY DUST 10

BANANA & BLUEBERRY CREPES 14 (GF)

Crepes x3, Grilled Banana, Blueberry Compote, Vanilla Custard Cream, Caramel Crumble

CREAMY PORRIDGE 12 *your choice of dairy or nut milk*

Blueberry Compote, side of Brown Sugar, Caramel Crumble

BRIOCHE FRENCH TOAST 14 ADD BACON 19

Grilled Banana, Cinnamon Sugar, Side Maple Syrup & Vanilla Custard Cream

EGGS ANY STYLE ON SOURDOUGH OR BRIOCHE 10 *make it gluten free +2*

BACON & EGGS POACHED OR SCRAMBLED 16

THREE EGG OMELETTE ON BRIOCHE TOAST W- SALSA VERDE 19

Choose your filling

- Spicy Prawn, Roasted Potato, Spinach
- Cheese & Bacon w Herb Roasted Potato & Side of Onion Jam
- Grilled Mushrooms, Fried Cauliflower, Spinach
- Mozzarella, Crumbled Feta, Mushroom, Herbed Potato, Spinach
- Chilli Roasted Corn & Cheese w Jalapenos, Roasted Potato, Spinach

EGGS BENEDICT - ON TOASTED HOMEMADE BRIOCHE BUNS 19

Choose from

- Farmhouse Bacon, Poached Eggs, Spinach, Hollandaise w Smoked Paprika
- Grilled Mushrooms, Tomato, Spinach, Poached Eggs, Hollandaise w Dukha
- Smoked Salmon, Spinach, Poached Eggs, Hollandaise & Capers

SAVOURY MINCE - POACHED EGG ON SOURDOUGH TOAST 18

CREAMED THYME MUSHROOM POT w PARMESAN POACHED EGGS SOURDOUGH 18

SMOKED SALMON BRUCHETTA w WASABI MAYO, POACHED EGGS, FENNEL SEED CARROT SLAW 18

AVOCADO & FRESH HEIRLOOM TOMATO SALAD, SALSA VERDE, TAMARI ROASTED SEEDS ON SOURDOUGH (VG) 18

Subject to Availability

KETO PLOUGHMAN PLATTER 24 (K)

Grilled Bacon & Smoked Pork Sausages, Creamy Mushrooms, Scrambled Eggs, Feta, Roasted Tomato, Onion Jam, Dill Pickles & Keto Bread

KREEM BIG BREAKFAST 24

Scrambled Eggs, Smoked Pork Sausages, Bacon, Creamy Mushrooms, Potato Hash Bites, Grilled Baby Tomatoes w Toasted Brioche & Tomato Chutney

BIG VEGAN BRUNCH PLATTER 24 (V, VG)

Fenugreek Roasted Potatoes, Smashed Avocado, Falafels, Wilted Spinach, Vegan Cheese & Spinach Bites, Grilled Mushrooms, Beetroot Chutney, Tahini, Toasted Sourdough

SIDES

Chunky Fries, Ketchup & Aioli	6	Potato Hash Nuggets & Aioli	8
Fenugreek Roasted Potato	5	Eggs Any Style x 2	5
Smoked Salmon	7	Smoked Pork Sausages	6
Crumbed Fried Chicken & Sauce	6	Grilled Streaky Bacon x 2	6
Grilled Tomatoes	5	Wilted Spinach	5
Creamy or Grilled Mushrooms	5	Smashed Avocado	6
Toasted Bread & Spreads	6	Keto Gluten Bread	2
Paleo Gluten free Seeded Bread	2	Homemade Sourdough Bread	2

All food and beverage items are produced in our kitchen that handles Gluten, Dairy, Nuts, Soy, Lupins, Eggs, Peanuts, Shellfish, Sulphates and Animal Products. We follow best practice to ensure no cross contamination however this cannot be guaranteed.

CHICKEN & BACON LINGUINI w- TOASTED GARLIC CRUMBS 16

SALT & PEPPER CALAMARI w- GARLIC AIOLI, GREEN SALAD 16

BATTERED FISH OF THE DAY POA

French Fries, Ketchup, Aioli, Cabbage Slaw
subject to availability

SCOTCH STEAK 28

French Fries & Salad Greens

NOURISH BOWLS w- SALAD GREENS ON WARM QUINOA RICE 16

your choice of either-

- Chicken, Nuoc Mam Cham Dressing, Crushed Peanuts, Garlic Aioli & Coriander
- Pulled Pork, Chipotle Chutney, Aioli, Crispy Shallots, Coriander, Red Onion
- Harrisa Grilled Chicken, Siracha Mayo, Crispy Fried Shallots, Spring Onion
- Vegan Cheese & Spinach Bites w Smashed Avocado, Crispy Shallots, Aioli (V, VG)
- Fried Cauliflower, Smashed Avocado, Cabbage Slaw, Aioli, Toasted Tamari Seeds, Spring onion (V, VG)
- Fresh Tuna Tartare, Soy & Sesame Dressing, Crispy Shallots, Cabbage Slaw, Seaweed & Roasted Tamari Seeds (GF, DF)

LOADED - FRIES OR CORN CHIPS 16 (GF)

your choice of either-

- Chilli Beans, Cheese w Smashed Avocado, Sour Cream & Spring Onions (V)
- Korean Fried Chicken & Sauce, Aioli, Spring Onion (GF)
- Harrisa Grilled Chicken w Chutney, Aioli, Crispy Shallots, Coriander (GF, DF)
- Tex-Mex Beef & Cheese w Jalapenos, Sour Cream, Crispy Shallots, Spring Onion (GF)
- Crumbed Chicken, Smashed Avocado, Garlic Mayo, Spring Onion

HOMEMADE BURGERS & FRIES 21

make it on gluten free or keto bun, add +2

- Korean Fried Chicken & Sauce, Cabbage Slaw, Pickles & Fries
- Big Beef Cheeseburger w Cabbage Slaw, Pickle, Mustard, Ketchup, Aioli & Fries
- Grilled Mushrooms, Fried Cauliflower, Beetroot Chutney, Cabbage Slaw, Aioli & Fries (V)
- Pulled Pork & Siracha w Pickles, Cabbage Slaw, Aioli, Ketchup & Fries