

Poinciana local sustainable organic

lovemullum

breakfast 8-11:45am

organic sourdough toast w house made jam & cultured butter	gf / vg	7
fruit toast w marscapone & fruit compote	vg	10
nutty avo on sourdough w lime roasted corn, jalapeno, sour creamed corn, dukkah, seeds, sprouts	vg	13
organic house made smoky baked beans w kale on sourdough w local pork & fennel sausage or vegan sausage	gf/vg	14
mushroom & red quinoa, fried egg, roasted garlic, parsley, peas, mint, & sprouts	gf/vg	16
sweet corn fritters, smashed avocado, tomato relish, mint, poached egg, coriander, sprouts, chipotle chilli & lime sauce	gf	16
breakfast burrito ♥	avail. til 3pm	13
local maple bacon, poached egg, sliced tomato, kale, rocket, avo, relish, salsa verde		

to the side sourdough or gluten free toast		3 / 5
avocado / free range poached egg / herbed mushrooms/ seasonal greens		3
local bacon / local pork & fennel sausage / vegan sausage		4

afternoon 12-3pm evening 5.30-8pm thu-sat

quinoa bowl w coconut black beans, kale, seasonal veges, sprouts, nuts, tahini, pickles & sauerkraut ♥	gf/vg	18
crumbed cauliflower salad		15
tumeric, paprika, lemon, kale, organic mixed grains, peas, sauteed leeks		
local organic gluten free tacos		2 for 15 / 3 for 19
crispy spiced chicken / tempe w slaw, creamed corn, avocado, sirracca ♥		
the poinciana burger		20
wagyu brisket beef, aged cheddar, seeded mustard, grated beetroot, carrot, rocket, house relish, pickles, onion ring w sweet potato chips		
*vegetarian lentil burger option		
bone broth w sliced beef cheeks, asparagus, kohlrabi, parsnip	paleo / gf	22

kids only

macaroni cheese	10
fish & chips	10
crumbed cauliflowers	12
tumeric, paprika & lemon w hummus	
bone marrow w chimichurri	12
sourdough & cultured butter	
ploughmans platter	16 / 26
salumi cold cuts, cheese, pickles, dried fruit, nuts, sourdough	

to share 12:15pm til late

warm toolunka creek olives	5
jar of spicy seasoned nuts	7
chunky sweet potato chips	6 / 9
crumbed goats cheese balls w chipotle sauce	10
tostadas w smashed avocado, sour creamed corn, house made baked beans, organic corn chips	10
bowl of local organic seasonal vegetables w dukkah, seeds & tahini ♥	12

goods sourced locally, fried foods in rice bran oil
find out about our daily specials & dessert cabinet

Coffee by Campos

Cup Latte / Flat White (8oz takeaway) 4
Mug Latte / Flat White (12oz takeaway) 4.50
Bonsoy, almond, coconut milk
organic milk option .50c

All Black Coffee / Cold Drip 3.50

Extra Shot all Coffee .50c

Tea

Pot Of Tea for One by Mayde Organic 5

Organic Earl Grey

English Breakfast

Digest - *Peppermint, Licorice, Fennel, Calendula*

Sencha & Jasmine Rose – *Green Sencha, Jasmine Flowers, Rose Petals*

Rooibos Tumeric Chai - *Rooibos, Turmeric, Hand-Ground Mixed Spices*

Energise - *Lemongrass, Papaya Pieces, Ginger, Cinnamon*

Smoothies \$13

JEDI JUICE

Kale, Mango, Spirulina, Bee Pollen, Hemp Seeds

Apple Cider Vinegar, Coconut Water

*High protein, Vit A / C / D / B6 / B12,
Calcium / Iron / Magnesium*

MISS SCARLET

Acai, Banana, Chia, Lacuma Powder,

Coconut Water, Raw Honey

*Immunity, digestion, weight loss, heart health,
high anti-oxidant, anti-aging*

THE DARK KNIGHT

Cacao, Mesquite, Banana, Raw Honey,

Peanut Butter, Coconut Water

*Magnesium, Iron, Vitamins D / B6 / B12,
High Protein, Fibre, Calcium, Magnesium*

Cocktails

explore our cocktail list or connect
with our barstaff for special concoctions

Beers

ON TAP Schooner \$7

Coopers Pale Ale, Stone & Wood Pacific Ale

check the bar for rotating craft beers

Chai

Chai Latte

Cup (8oz takeaway) 4

Mug (12oz takeaway) 4.50

Pot of Brewed Chai (sticky)5

Speciality

Matcha Green Tea Latte

Golden Milk Turmeric Coconut Latte

5.50 cup 6 mug

Mylk Shakes \$8

MACHO MYLKSHAKE

**Matcha Powder, Coconut Ice Cream,
Coconut Mylk, Raw Honey**

GOLDEN DREAM

**Kito & Spice Tumeric Mix, Coconut Ice-
Cream & Mylk, Pepper, Raw Honey**

Cold Drinks

Organic Wort Ginger Beer \$5

Organic Wort Lemon Myrtle \$5

Merito Organic Coconut Water \$5

Kombucha on tap 12oz \$7

Good Juju cold pressed juices \$9

Wines

see our blackboard for current
range of organic sulphate free wines