

GREAT COFFEE
NATURAL WINE
REAL FOOD

131 Orchard St - Lower East Side



SMALL FUN STUFF

BLUE BOWL (GF, DF)*

Banana, pineapple, coconut milk, Blue Majik raw spirulina, topped with kiwi, blueberries, strawberry and granola. contains nuts. **13**

ACAI BOWL (GF, DF)*

Banana, blueberries, Free-trade acai coconut milk,, topped with kiwi, blueberries, strawberry and granola. Contains nuts. **13**

HOMEMADE BANANA BREAD (GF)

Gluten free banana bread served with burnt honey buttercream. **8**

PORK AND FENNEL SAUSAGE ROLL

A Good Thanks recipe of the classic snack. Pork sausage, toasted fennel, Sauteed onion, carrot, cased in pastry. Served with side salad. **8**

AVOCADO TOAST (V,DF)**

Made to order diced avocado, Lemon, sea salt, ground pepper, micro-greens, on sourdough. We recommend you add a bunch of add ons.... **10**

TAKE SOMETHING HOME WITH YOU

GOOD THANKS T-SHIRT - \$20

Varsity style t-shirt.

OUR BREAD AND BUTTER PICKLES - \$8

Mustard, fennel and coriander seed, chilli flakes.

HOUSE JAM - \$6

Mint, peach and strawberry

MEDIUM STUFF

BUILD YOUR OWN BREAKFAST...

2 Scrambled, poached, or fried eggs served on seeded or regular sourdough. Get crazy with the the add ons. **9**

BREAKFAST ROLL

Sunny fried egg, bacon, caramelised onion, avocado, arugula, lemon aioli. **14**

MUSHROOM TOAST**

Oyster and shimeji mushrooms sauteed in miso butter, sunny side egg, served on sourdough with scallion labne, arugula and microgreens. **16**

AVOCADO TOAST NUMBER TWO

Seeded sourdough, avocado, beet relish, fresh cucumber, Zataar, goat cheese, lemon. **14**
add egg **+3**

ADD ONS...

\$3 Fried egg, poached egg **\$5** Scrambled eggs

\$2 Vegemite, House Jam, Scallion Labne, Almond butter

\$3 Cherry tomatoes, goat cheese, kimchi, pickles, beet relish, avocado

\$5. Poached chicken, halloumi, miso-mushrooms, bacon

\$6. Smoked Salmon

BIGGER STUFF

KIMCHI SCRAMBLED EGGS**

Soft scrambled free-range farm eggs and kimchi on sourdough with microgreens, scallion labne and pickled cabbage, arugula salad. **14.**

With avocado **+3**

CAULIFLOWER RICE BOWL(GF)*

Sauteed Miso cauliflower and mushroom, carrot, pickled cabbage, avocado, poached egg, goat cheese. **17**

GT SALMON BREAKFAST

2 poached eggs, seeded sourdough, beet relish, smoked salmon, avocado, dilly cucumbers, scallion labne. **18**

GT BIG BREAKFAST

2 eggs, sourdough, bacon, avocado, halloumi, spicy house pickles, cherry tomatoes. **20**

POACHED CHICKEN SALAD

Chicken breast poached in coconut milk with spices, mixed greens, cherry tomatoes, shredded carrot, edamame, sprouts, scallions, cucumber, ginger soy vinaigrette. **15**

ROAST BEEF SANDWICH

Hot roast beef, spicy slaw, home-made pickles, caramlised onion, chipotle mayo, lettuce. **14**

COCONUT CHICKEN SANDWICH

Coconut Poached chicken salad mix, with mayo, chives, celery, home-made pickles, leafy greens, on fresh white hero. **14**

HALLOUMI SANDWICH

Fried Halloumi, home-made beet relish, cucumber, leafy greens, shaved carrot, avocado, spicy mayo on seeded sourdough. **16**

MEDITERRANEAN SANDWICH

Vegan basil pesto, japanese eggplant, green squash, red pepper, mushroom, onion, goat cheese, aioli, on white hero. **14**

DF = DAIRY FREE GF = GLUTEN FREE * = CONTAINS NUTS. **GLUTEN FREE BREAD AVAILABLE UPON REQUEST

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

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SMOOTHIES

THE BEST OF

Banana, blueberries, pineapple, acai, vanilla protein. **11**

STAY GOOD

Banana, almond butter, vanilla protein, almond milk. **8**

COOL DRINKS

WATERMELON LEMONADE

Fresh pressed watermelon, lemon juice, soda. **6**

MATCHA LEMONADE

Cold steeped matcha, lemon juice, bit of sug' soda. **6**

ORANGE JUICE

Big ol' glass of OJ. **5**

PEAR ARNOLD PALMER

Real pear puree, black tea, lemon juice, soda, a little sugar. **6**

GREEN JUICE

Cucumber, mint, ginger, apple. **6**

BEER

Raderberger Lager, tall boy. **6**

Five Burroughs Tiny Juicy, IPA. **6**

Cigar City Brewery, Jai Alai IPA. **6**



COFFEE

Our Coffee comes from Proud Mary Roaster. They are based in Portland Oregon, however originate from Melbourne Australia.

COLD BREW. **4.5**

ESPRESSO. **4**

AMERICANO. **4**

MACCHIATO. **4**

CORTADO. **4**

CAPPUCCINO. **4**

FLAT WHITE. **4**

LATTE. **4**

VANILLA LATTE. **5**

MOCHA. **5**

DECAF **+1**

HOT CHOCOLATE. **4**

ORGANIC CHAI LATTE (HOT OR ICED). **5**

MATCHA LATTE (HOT OR ICED). **5**

BABYCCINO. **1**

OUR MILK ALTERNATIVES

ALMOND MILK **+5**

OAT MILK **+5**

MACADAMIA NUT MILK **+1**

TEAS by Samovar

ENGLISH BREAKFAST **4**

YERBA MATE **4**

HIBISCUS **4**

MINT/GREEN BLEND **4**

CAN DO ANY OF THESE ICED **5**

COCKTAILS

CUCUMBER MINT SPRITZ

Cucumber juice, muddled mint, vodka, sparkling wine. **11**

TIKI SPRITZ

fresh watermelon, jalapeno syrup, lemon, vodka, sparkling rose. **11**

APEROL SPRITZ

Aperol, sparkling wine, soda, orange. **11**

HOUSE BLOODY MARY

Vodka, tomato Juice, horseradish, worcestershire, pickle juice, lemon juice, paprika, cayenne etc! **11**

MIMOSA

Orange juice, sparkling wine. **10**

GRAPEFRUIT MIMOSA

Grapefruit juice, sparkling wine. **10**

WATERMELON MIMOSA

Watermelon juice, sparkling wine. **10**

WINE

RED

'Unfamiliar Red' by Dirty And Rowdy Family Wines. Ours is served chilled. Its very good. **11**

ORANGE

'Fatto Coi Piedi'. A very dry and very delicious Italian orange wine. 20 day skin contact, by Filarole. **11**

SPARKLING ROSE

Rosa, Rose, Rosam by Coralie and Damien delecheneau (sparkling). **11**

HAVE A REALLY GOOD DAY NOW