

KITCHEN

THE TRADESMAN

GF OPT, VEG OPT
fried egg, free range bacon, house-made tomato relish & hollandaise, raw spinach & cheddar cheese in a charcoal bun 12

YOLKY ONO

VEG, GF OPT
poached or scrambled eggs on sourdough or multigrain 10.5
ADD YOUR SIDES

EGGS BENEFIT

GF, VEGETARIAN OPT
poached eggs on cauliflower steaks with sauteed kale & turmeric hollandaise with mushrooms 18
with smoked salmon 20

PROTEIN PLATE

GF
poached eggs, free range bacon, herbed mushrooms, sauteed spinach, house-made baked bean on a sweet potato waffle 21
+ grilled haloumi 4.5
VEGAN OPT 24

THE CONSERVATOR

GF OPT, VEGAN OPT
2 pieces of sourdough or multigrain with house made preserves or condiments 9

ANKLE BITERS - KIDS UNDER 10

SMALL BITES 7

VEGAN OPT, GF OPT
poached egg on sourdough
chocolate pancake with dark choc ganache
melted cheese toastie

SHAKES 4.5

chocolate or strawberry

JUICE 4

orange or apple

PAPA BEAR

VEGAN,
buckwheat, oat & quinoa porridge topped with Kombucha Poached Pear, blueberry compote, strawberries, buckinis & maple 16

NYCTOPHILIA

VEGAN, GF
dark chocolate & pea protein pancakes, fresh berries, chocolate ganache, candied walnuts, coconut yoghurt & a buckwheat crumb 19

SMASH-A-CADO

VEGAN, GF OPT
smashed avo, quinoa, cherry tomatoes, sprouts, beetroot 3 ways & a sesame-shallot crumb on sourdough 18.5

CAPTAIN GILLENSTALK

VEGAN, GF OPT
a medley of sauteed mushrooms on thick cut pumpkin toast with cashew cream, mushroom puree & truffle oil 17.5
+ roasted tomatoes 3.5

TONIC BURGER

VEGAN, GF OPT
veggie patty topped with Asian slaw, tomato & relish on a charcoal bun served with polenta chips & chipotle mayo 18

HARAJUKU LOVER

VEGAN, GF
Japanese pancake with tofu, carrot, cabbage, daikon & spring onion topped with waterress, sesame seeds, shallots, house-made miso mayo & BBQ sauce 18
+ smoked salmon 5.5

A MOROCCAN FABLE

VEGAN, GF OPT
chermoula spiced Fable plant-based braise with chickpeas, raisons & toasted almonds cooked in a tomato ragu served with rice & pita crisps 19.5

THE REAL EARTH BOWL

VEGAN, GF
falafel, sweet potato, raw spinach, turmeric roasted cauliflower, beetroot hummus, cherry tomatoes, quinoa, lentils, kimchi & pistachio crumb with pomegranate tahini dressing 18

DAY OF THE SOUP

VEGAN, GF OPT
served with toasted sourdough 12

CHECK OUT OUR CABINET

for daily toasties, rolls, wraps, pastries & sweets

DIETARIES? No problem! Let us help. P.S. We do our best and with utmost care however cannot guarantee the absence of allergens from menu items.

SIDES

free range poached egg +3
free range gf bacon +4.8
smoked salmon +5
poached free range chicken breast +5.5
oven roasted vine tomatoes +3.5

sauteed spinach +3.5
herbed mushrooms +4.5
gluten free bread +2
house baked beans +4
grilled haloumi +4.5
sliced avocado +5



SEE PHOTOS OF EVERY DISH!

Go to myum.com/tonic or scan the QR code with your iPhone camera or Google lens on Android.

No QR app required!

SMOOTHIES & BOWLS

bowl up your smoothie with seasonal fruit and granola +6

AMAZONIA

pure acai, forest berries, peanut butter, banana, maca powder, hemp seed, coconut milk 10

BREAKFAST OF CHAMPIONS

banana, mango, ricebran, peanut butter, pea protein, maple syrup, almond milk 10

SNICKERS SHAKE

cacao, peanut butter, banana, pea protein, maca powder, dates, almond milk 10
+ shot of espresso 1

GREEN WITH ENVY

NOT AVAILABLE AS BOWL
spirulina, pineapple, mint, banana, chia seeds, soy milk, spinach, dates 10

JUICES

IMMUNITY

orange, apple, carrot, ginger 8.5

GREEN MACHINE

spinach, cucumber, pear, celery, lime 9

GET YOUR VEG

carrot, beetroot, celery, cucumber, lemon 9.5

CITRUS DREAM

orange, mandarin, lemon 8

K.I.S.S

choice of one;
apple, orange or carrot 7

HOT & COLD

COFFEE

cup 3.9, mug 4.5
large 16oz takeaway + 1.2
iced letterlong black 4
espresso 3.4
short mac, piccolo 3.8
long mac 4.2
mocha 4.5
magic 4.3

soy, lactose free 0.5
almond, coconut, oat 0.6

BULLETPROOF COFFEE

the OG

double ristretto, mct oil, grass fed butter, topped with hot water 6

made with mylk

double ristretto, mct oil, coconut butter, coconut mylk 6

T&G HOT CHOCOLATES

regular 4.3
choc mint 5.5
choc orange 5.5

SUPER LATTES 5.5

made with almond milk
golden turmeric latte
matcha latte
mason's medicinal mushroom
cocoa 6

CHAMELLIA SPICED CHAI 5

CHAMELLIA LOOSE LEAF

TEAS 4
english breakfast, earl grey
green, chamomile, peppermint,
lemongrass & ginger

SIMPLY ORGANIC SODAS 5.5

lemon-ade, cola, blood orange

HAPPY HIPPIE KOMBUCHA 6

ginger, raspberry lemonade

STILL WATER 600ML 3.5

SPARKLING WATER 250ML 4

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