

# Grounding Café

All Day Menu 7am – 7pm  
Authentic, Light, Delicious

---

*100% of Profit from Grounding Café goes to PCCS, a local not-for-profit physical, social and emotional wellbeing health charity in the Gold Coast. To find out more visit [pccs.org.au](http://pccs.org.au).*

---

## Toasties

Rueben Pastrami, Kraut, Swiss, Rye	13	Three Cheese (v) Kimchi	12
Herbed Chicken Chicken, Garden Herbs, Kewpie, Cheese	13	Banana (v) Honey, Muesli	11
Egg and Cheese Croissant Toasted, Tomato Relish	9.5	Smashed Avo (v) Avocado, Feta, Dukkah	13
Ham and Cheese Croissant Toasted, Tomato Relish	11	<i>ADD Cheesy Egg Bite</i>	4.5

*All our freshly made Toasties are available until sold out. Gluten free options available.*

---

## Sweet Bites

Cookie	4.5	Cinnamon Scroll	6
Brownie (gf)	5	Pain au Chocolat	5.5
Rocky Road Slice	5.5	Raisin Toast (2 slices)	5
Coconut, Chocolate, Lemon Chia Slice (gf,df,sf,v,p)	5.5	Pistachio and Raspberry Délice	6
Caramel Slice	5.5	Danish Apple Crumble	6
Fruit and Grain Slice	5.5	Danish Mango Passionfruit	6.5

*Available until sold out. Check display cabinet.*

---

## Savoury Bites

Croissant	5	Danish Spinach and Ricotta	7
Danish Bacon and Cheese	7		

---

A surcharge of 12.5% applies on all public Holidays

# Grounding Café

All Day Menu 7am – 7pm

Authentic, Light, Delicious

---

<u>Hot Drinks</u>	Reg	Lge		Reg	Lge
Espresso	4	-	Hot Chocolate	-	5
Long Black (Americano)	4.5	5	Chai Latte	-	5
Cappuccino	4.5	5	Chai Tea	-	5
Latte	4.5	5	Green Tea	4	8
Flat White	4.5	5	Matcha Latte	-	5
Mocha	4.5	5	English Breakfast Tea	4	8
Macchiato	4.5	5	Herbal Tea		
Piccolo	4	-	Turmeric Chai Latte	4	8
Babycino	2	-	Extra Shot	-	0.5

---

<u>Cold Drinks</u>	Lge		Lge
Cold Brew	6.5	Iced Frappe (Coffee, Chocolate syrup, Ice cream, Cream, Milk, Blended with Ice)	6.5
Iced Long Black (Coffee, Cold Water)	6.5	Iced Mocha (Coffee, Chocolate Syrup, Cream, Milk)	6.5
Iced Coffee (Coffee, Ice cream, Cream, Milk)	6.5	Iced Matcha Latte	6.5
Iced Latte (Coffee, Milk)	6.5	Iced Tea (Peach or Lemmon)	6.5
Iced Chocolate (Chocolate Syrup, Ice cream, Cream, Milk)	6.5	Smoothies - Banana, Avocado, or Banana and Avocado, or Berries (Coconut water, Vanilla syrup)	7
Milk Shake (Vanilla, Chocolate or Strawberries)	6.5		
Extra Shot			0.5
Milk: Almond, Oat, Soy, Lactose free			0.5
Syrups: Vanilla, Caramel, Mint, Hazelnut, Golden turmeric, Butterscotch, Gingerbread, Chilli & Spice, Chocolate, White Chocolate, Coconut.			0.5

---

A surcharge of 12.5% applies on all public Holidays