



*you should never have to look back and think "i should have eaten that..."*

**MORNING TOAST** \$8.90 GFO  
THICK SLICE TOAST WITH...  
OPTION 1 // ALMOND BUTTER, FRESH BANANA AND CINNAMON  
OPTION 2 // NUTELLA AND STRAWBERRIES

**SMASHED AVOCADO** \$14.90 GFO  
SMASHED AVO ON SOURDOUGH W/ MARINATED FETTA, MICRO HERBS & LIME

**LOADED PUMPKIN & KIMCHI** \$18.90 GFO VG  
TOASTED SOURDOUGH W/ ROASTED PUMPKIN, AVOCADO, BASIL PESTO,  
LIME, BEETROOT KIMCHI, MIXED SEEDS & MICRO HERBS

**BANANA FRENCH TWIST** \$17.90 GF V  
THICK BANANA BREAD TOASTED W/ COCONUT ICE CREAM, CRUSHED  
WALNUTS, BANANA, SALTED CARAMEL DRESSING & MAPLE SYRUP

**THE GARDEN** \$19.90 GF VG  
ROASTED HERB SWEET POTATO, GARLIC BUTTON MUSHROOMS,  
SMASHED AVOCADO, BASIL PESTO, SUNDRIED TOMATOES, MICRO HERBS,  
DUKKAH & LIME

**HONEYCOMB STACK** \$19.90  
STACKED WAFFLES, HONEYCOMB AND BISCUIT CRUMB, NUTELLA,  
VANILLA BEAN ICE CREAM & CHOCOLATE FUDGE SAUCE

**TROPICAL WAFFLES** \$17.90  
BELGUIM WAFFLE WITH COCONUT YOGHURT, PASSIONFRUIT,  
FRESH FRUIT & MAPLE SYRUP

**PULLED PORK NACHOS** \$17.90 GF  
PULLED PORK, MELTED CHEESE, SALSA, AVOCADO & SOUR CREAM

*toastie's + wrap*

**CHICKEN & AVO TOASTIE** \$11.00  
TOASTED W/ CHIPOTLE MAYO, CHEESE & AVOCADO

**PULLED PORK TOASTIE** \$11.00  
TOASTED W/ HERB MAYO, SPINACH & CHEESE

**PUMPKIN & PESTO TOASTIE** \$11.00  
TOASTED W/ ROASTED PUMPKIN, SPINACH, BASIL PESTO & CHEESE

**BREAKFAST POCKET** \$11.00  
CHILLI EGG, HAM, CHEESE, HASHBROWN, CARAMELISED ONION & BBQ SAUCE

**CHICKEN SALAD WRAP** \$11.00  
CHICKEN, SPINACH, CARROT, TOMATO, CHEESE & MAYO

**ADD ON**  
CHICKEN, PULLED PORK, SMOKED SALMON \$4.00  
AVOCADO, MUSHROOM \$3.00  
GLUTEN FREE BREAD \$2.50

*acai + smoothie bowls*

**THE ORIGINAL ACAI FLOW** \$15.90 GF VG  
PURE ACAI SOFT SERVE W/ FRESH FRUIT & GRANOLA

**REECE'S PIECES ACAI FLOW** \$16.90 GF VGO  
PURE ACAI SOFT SERVE W/ GRANOLA AND PEANUT BUTTER,  
TOPPED WITH A CHOC BROWNIE

**BOUNTY ACAI FLOW** \$16.90 GF VGO  
PURE ACAI SOFT SERVE W/ SHREDDED COCONUT AND NUTELLA,  
TOPPED WITH BERRIES

**COCONUT CRAVING ACAI FLOW** \$18.90 GF VG  
LOADED PURE ACAI SOFT SERVE W/ TOASTED SHREDDED COCONUT,  
COCONUT ICE CREAM, CRUNCHY COCONUT WAFFER, GRANOLA,  
STRAWBERRIES & SALTED CARAMEL SAUCE

**MINI ACAI FLOW** \$9.90 GF VG  
PURE ACAI SOFT SERVE WITH EITHER GRANOLA OR FRESH FRUIT

**MANGO SMOOTHIE BOWL** \$16.90 GF VG  
BLENDED BOWL MADE UP ON COCONUT MILK, BANANA & MANGO  
TOPPED W/ GRANOLA, FRESH FRUIT & SHREDDED COCONUT

**OCEAN SMOOTHIE BOWL** \$16.90 GF VG  
BLENDED BOWL MADE FROM BANANA, COCONUT WATER & BLUE SPIRULINA  
TOPPED W/ CHIA SEEDS, SHREDDED COCONUT, FRESH FRUIT & GRANOLA

**PEANUT BUTTER SMOOTHIE BOWL** \$16.90 GF VG  
BLENDED BOWL MADE FROM BANANA, PEANUT BUTTER, VANILLA,  
CINNAMON & ALMOND MILK  
TOPPED W/ CACAO NIBS, FRESH FRUIT & GRANOLA

**ADD ON**  
RAW PROTEIN BALL \$4.00  
ALMOND BUTTER, CASHEW BUTTER, BISCOFF \$2.00  
PEANUT BUTTER, NUTELLA \$1.00

*looking for a quick fix?*

TAKE A LOOK AT OUR CABINET AND DISPLAY FOR OUR FRESH  
GRAB N GO OPTIONS!

MAJORITY OF OUR SELECTIONS ARE GLUTEN AND DAIRY FREE

OPEN 7 DAYS A WEEK // 6AM - 2PM

@LIL\_CANTEEN  
WWW.LILCANTEEN.COM.AU

GF - GLUTEN FREE | V - VEGETARIAN | VG - VEGAN | DF - DAIRY FREE  
GFO - GLUTEN FREE OPTIONS | VGO - VEGAN OPTION