

# Autumn Drinks

Nourishing drinks crafted to complement your retreat experience.

Open Thursday to Sunday from 8 AM to 1.30PM

## ARTISAN COFFEE

Espresso	\$5.00
Long Black	\$6.00
Flat White	\$6.00
Cappuccino	\$6.00
Latte	\$6.00
Piccolo	\$5.00
Organic Hot Chocolate	\$6.50
Babyccino	\$2.50
Bay and Bush's Honey	\$1.00
Decaf	\$0.50
Soy/ Almond/ Oat/ Tiger Nut Milk	\$1.00
Large	\$0.50
Extra shot	\$0.50

## NOURISHING SMOOTHIES

### Honey Harvest Smoothie\*

Banana, yoghurt, Bay & Bush honey, dates, bee pollen, choice of milk. *A nourishing energy boost.*

\$13.00

### Berry Balance Smoothie\*

Mixed berries, yoghurt, honey and almond milk.

\$12.00

### Green Vitality Smoothie\*

Banana, kale, apple and almond milk.

\$12.00

\*Dairy free option available.

Add wattleseed dusting \$2.00

Add bee pollen dusting \$2.00

Add Bay and Bush's Honey \$2.00

## FRESH JUICES

### Morning Light

Fresh pressed orange juice or apple juice.

\$9.00

### Autumn Immunity

Orange, Carrot, ginger and turmeric. *A warming seasonal immunity boost.*

\$12.00

### Green Sanctuary

Apple, cucumber, kale and lemon. *Fresh, clean and revitalising.*

\$12.00

## WELLNESS LATTES

### Golden Grounding Latte

Turmeric, cinnamon and house honey, gently folded into steamed milk.

*Warming, grounding and restorative.*

\$8.50

### Bush Cacao Ceremony

Single-origin ceremonial cacao, vanilla bean and a touch of honey.

*Rich, calming and deeply nourishing.*

\$8.50

### Matcha Balance Latte

Ceremonial Japanese matcha, your choice of milk, and Bay and Bush's honey.

\$8.50

### Native Chai

Slow-brewed Australian botanical chai with warming spices and wattle seed dusting.

\$8.50

### Bush Adaptogen Latte

Cacao, reishi mushroom, cinnamon and honey. *A calming blend to support balance and restoration.*

\$8.50



**The Café**  
by Bay and Bush  
JERVIS BAY · AUSTRALIA



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Jervis Bay

Nature Retreat Offering Accommodation in Cottages and Safari Tents, Hosting Wellness Retreats and Corporate Events.

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## ICED DRINKS - HOUSE FAVOURITE

### Apiary Honey Iced Latte

Espresso, milk and Bay & Bush honey over ice.  
\$7.50

### Seasonal Iced Matcha

Ceremonial matcha with house made seasonal fruit syrup and milk.  
\$12.00

### Hibiscus Lemon Myrtle Iced Maide Tea

*Clean and invigorating, with a lingering citrus.*  
\$6.50

### Iced Latte

Espresso over ice with milk.  
\$6.50

### Mont Blanc

A smooth blend of milk, espresso and vanilla, served over ice with orange zest. *Light, creamy and gently sweet.*  
\$9.00

### Iced Cold Drip Coffee

*Refreshing, served with a lemon slice.*  
\$6.00

## WEEKEND BRUNCH SPRITZ

### Autumn Spritz

Sparkling wine, pressed apple and rosemary.  
\$18.00

### Bush Mimosa

Sparkling wine with fresh orange and lemon myrtle mist.  
\$18.00

### Local Sparkling (glass)

\$14.00

## BOTANICAL MAIDE TEA

Serenity \$6.50

Energise \$6.50

Digest \$6.50

Organic Chai \$6.50

Green Sencha \$6.50

English Breakfast \$6.50

Earl Grey \$6.50

*Served in glass pots for slow enjoyment.*

## COLD REFRESHMENTS

Phycohealth Kombucha \$7.50

Little Hippies Smoothie \$7.50

H2o Coconut Water \$7.50

H2o Coconut Water & Lychee \$7.50

Wallaby Spring Water Can \$5.50

## LITTLE RANGERS CORNER

Babyccino \$2.50

Warm Honey Lemon \$4.00

Fresh Orange Juice \$9.00



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