



BREAKFAST (until 3pm)

Sourdough or Seedy sprout loaf or House made seed bread (GF) toasted with butter & your choice of (raw honey, berry & chia jam, carrot marmalade, ABC nut butter or organic crunchy peanut butter)	7/8.5
Organic fruit loaf toasted with butter	7.5
Banana, zucchini, pistachio & date loaf (GF) toasted with butter	6
Oat porridge with 'real' maple caramelised banana, passionfruit, toasted coconut and a hint of kaffir lime (coconut milk for vegans)	12.5/14.5
House-made buckwheat, almond & cranberry granola (GF) OR Natural muesli w/ yoghurt & fresh fruit salad	12.5
Chia pudding made in almond milk, blueberries, house granola, fresh mint & fruit (GF)	12.5
Breakfast rolls (check deli display)	from 10
Avocado on house made linseed, sunflower seed & rosemary toast with spinach hummus, sumac tomatoes & almond dukkah (vegan & GF)	16.5
Quinoa with sesame & chilli spiced avocado, local kimchi, nori, kale, carrot, cabbage, seeds, tahini & miso dressing (vegan & GF)	16.5
Grilled mushrooms, fried fetta, rocket, local basil pesto, currants & panko crumbed poached eggs (GF option available)	16.5
Hot ricotta fritters with blueberry compote, fresh mint, macadamia, pistachio & quinoa brittle & vanilla bean ice-cream (GF)	16.5
Poached free-range eggs on sourdough toast (seeded sprout, sourdough or GF bread available too) with house kasundi	9.5/10.5
extras Western plains free range bacon, avocado w/ dukkah	4.5each
Sumac roasted tomatoes, spinach, mushrooms	3.5each
Meredith goats cheese, kasundi, aioli or spinach hummus	2.5each

Winter big breakfast – poached free range eggs, free range bacon, sumac
tomatoes, mushrooms & spinach on organic sprouted toast & kasundi 22

KIDS

1 piece of toast with spread, or add 1 poached egg	5/7
French toast with maple syrup & vanilla ice-cream	8.5
Lunch box – cheese sandwich, fruit & choc buttons	5.5
Flyin' Fox organic icy poles (Choc milk, lemon or orange & mango)	4



LUNCH

(from 12-3)

Spicy veggie chips (cauliflower, sweet potato & beetroot) with roasted garlic & spinach hummus (vegan & GF)	12
Soup special	13
Weekly changing specials (check boards)	Price Variable
Kyosk daily wraps & rolls (check deli display)	From 10
Raw zucchini noodle salad with semi-dried tomato pesto, spinach, pinenuts & olives (vegan & GF)	14
Chickpea spiced pancakes with turmeric & coriander roasted cauliflower & carrots, chilli, & yoghurt (GF) (vegan option with kasundi instead of yoghurt)	16.5
Spinach & feta gozleme (2 pieces) OR Turkish lamb pizza with dressed salad	15
Free range Syrian chicken tagine with ginger, almonds, currants & coriander on quinoa (GF)	18.5

DRINKS

Freshly squeezed Orange or Apple Juice	7
Proud Mary Coffee	3.8/4.4
Espresso	3.2
Piccolo café latte	3.8
Filter coffee	4.5
MOFO hot chocolate (refined sugar free)	4.4
Soy milk/single origin/double shot/mocha/extras @	0.5
Almond milk/Coconut milk	1
Baby cino (50c goes to local charity)	1.5
Filtered sparkling water in a carafe to share	3
Larsen & Thompson loose leaf tea served in the pot	3.8
House made juices & smoothies (see specials board)	from 7
Kids banana smoothie	4.5
Chai latte (Calmer Sutra chai) – brewed in the pot with local honey	4.5
Ginger, pear & lime hot tonic	4.5
Iced coffee/Iced chocolate/milkshakes (chocolate, strawberry or vanilla)	5.5
Parkers juices & Iced tea	5.5
Kombucha (great gut health!) OR Kombucha carafe w/ ginger, lemon & mint	5.8/10
Softies	from 3.2

ABOUT KYOSK

Our food philosophy

We endeavour to deliver moreish, fresh food that will make you feel wholesome!

We use local, quality suppliers to reduce our food miles and increase the yum factor.

Where possible, our ingredients are organic and raw.

All of our meat & eggs are free-range.

Our main bread supplier is Zeally Bay – we think it's the best organic sourdough you can find! Baked locally in Torquay.

We focus on whole foods, but some of our dishes are decadent, because we know you need a treat now and then!

Our wholesome philosophy doesn't end with the food

Our vision with KYO Yoga & KYO was to create an oasis in Ocean Grove with lush gardens, water features, exotic decor and more. A place where you can escape, enjoy a yogic experience and then rest in front of our fireplace with an all-day brekkie, fresh juice and not-too-naughty raw treat.

Kyosk is a sustainable cafe that is totally powered by 80 solar panels, including a 20kW inverter. That's 10 times the average solar production on a standard home.

We want you to feel good every time you eat at Kyosk!

Kyo Yoga 0438 562 723

kyoyoga.com.au

KYO 52552444

kyo.net.au

26 Smithton Grove
Ocean Grove

