



Something to eat?

The PB Acai Bowl	18
Acai bowl topped with peanut butter + granola + banana + cacao nibs + walnuts + almonds + coconut flakes + honey	
The Summer Acai Bowl	19
Acai bowl topped with granola + blueberries + strawberries + passionfruit + banana + coconut flakes + honey	
The Avo	19
Smashed avocado + crumbled feta + lemon wedge + chilli flakes/dukkah + olive oil drizzle on traditional sourdough	
Mango and strawberry overnight oats	9.5
Organic rolled oats + almond milk + dried mango + strawberries + pumpkin seeds + maple syrup + shaved and desiccated coconut	
Peanut butter overnight oats	9.5
Organic rolled oats + peanut butter + almond milk + choc chips + maple syrup + cinnamon + walnuts + almonds + shaved and desiccated coconut	
Berrylicious chia pudding	11
Organic chia seeds + coconut milk + blueberries + raspberries + strawberries + maple syrup + vanilla + shaved and desiccated coconut	
Bread and spread	7
Two slices of thick cut sourdough with your choice of spread: -Seasonal jams -Peanut butter -Vegemite	
Fruit toast	7
Two slices of fruit spelt sourdough with butter or your choice of spread	
Salami focaccia	12
Salami + sundried tomatoes + bocconcini + rocket	
Turkey focaccia	12



Turkey + cranberry sauce + bocconcini +
baby spinach

Veggie focaccia 12
Roast pumpkin + roast capsicum + green pesto +
feta + baby spinach

Toasted croissant 7.5
Swiss cheese + Barossa ham

Something to drink?

Tropical smoothie 8
Banana + pear + pineapple + mango + coconut

Berrylicious smoothie 8
Acai + banana + strawberry + raspberry +
blueberry + blackberry + apple

Super green smoothie 8
Spinach + pear + mango + pineapple + hemp seed

Coffee kickstart protein smoothie 11
Salted caramel protein powder + double espresso shot
+ honey and cashew granola + coconut sugar + macadamia milk

Triple choc protein smoothie 9
Rich chocolate protein + chocolate granola + Mörk specialty chocolate + organic
panela +
almond milk

PB bliss protein smoothie 10
Peanut butter choc protein + peanut butter granola + peanut butter + honey + coconut
milk

Maybe a milkshake? 6

Vanilla | Chocolate | Strawberry
Banana | Caramel | Coffee
Why not a pot of tea? Blended locally by Scullery Made Tea...

Pot for 1 4.5

Pot for 2 6

Barossa Breakfast



Barossa Breakfast is made from the very best Darjeeling whole leaf tea blended with a fine flavoured whole leaf Ceylon.

Rainwater Mint

This herbal blend was inspired by all the farmhouse rainwater tanks that are surrounded with mint.

The Orange Earl

The Orange Earl is made from a superb whole leaf black tea that has been infused with bergamot oil - the classic Earl Grey.

Chamomile Citron

Chamomile Citron is an extremely grown up herbal tea, with layers of citrus aromas that are the first thing you 'taste' when you brew a pot of this pretty blend.

Green Apples

For any green tea lover this blend will offer the tart sweetness of apple, not usually associated with Bancha green tea.

Wine & Roses (available iced during summer)

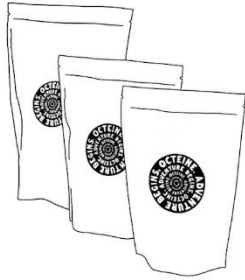
Wine & Roses is an extremely flavoursome and elegant herbal tea.

Like our coffee?

The coffee we select to roast is carefully sourced from all over the world and we constantly scrutinise our roast profiles to ensure the best flavours reach your cup.

Coffee is a seasonal product, and as such we strongly believe in presenting the coffee to you when it is at its peak. Therefore the coffee available for sale will change with the seasons.





Pricelist

200G TIN REFILL	/ 11
200G TIN	/ 14
250G	/ 16
500G	/ 29
1KG	/ 49

The coffee menu...

	S	L
Espresso	3	
Macchiato	3	
Piccolo	4	
Magic	4	
Flat white	4	5
Cappuccino	4	5
Latte	4	5
Long black	4	5
Mocha	4.5	5.5
Chai latte	4.5	5.5
Iced coffee Iced chocolate		6
Filter coffee (batch cold drip cold brew)	5	
Coffee flight (the same coffee, served 3 ways)		9
Babycino		2
Decaf Ice		+0.5
Extra shot		+1
 Milk alternatives	 +1	
Ask our staff or suss the milk fridge for your favourite milk alternative		



Mörk specialty hot chocolate 4 5
Serving the 'Junior Dark' blend. A rich dark cacao with toffee notes from blossom sugar

Ever tried a superfood latte?

S L
4 5

Spirulina

A bright blue infusion of blue superfoods and adaptogenic herbs

Turmeric

A golden latte combining the goodness of turmeric and the unique properties of manuka honey

Beetroot

A vibrant pink latte infusing beetroot with chai

Reishi

A blissful blend of vibrant purple carrot, traditional Chinese adaptogens and organic floral botanicals

Matcha

A bright green latte made from green tea powder, with up to 10 times the antioxidants of standard green tea brews

Some coffee extraction information for you...

Ristretto vs Espresso

To understand this difference first you need to learn a little about espresso extraction. For Octeine Coffee, a single espresso shot will yield approximately 20mls of coffee in 25-27 seconds. This will result in a balanced cup with all flavour elements complementing each other - being acidity, sweetness and bitterness. Balance is the key to any delicious espresso!



A ristretto shot is slightly different. The same amount of coffee is used for extraction, however the shot is cut short, or 'restricted' - which translates to ristretto in Italian! For Octeine Coffee a single ristretto shot will result in approximately 15mls of coffee in 18-20 seconds. So - which is better? It all comes down to personal taste and preference.

The soluble compounds in coffee extract at different rates. In general, the more acidic and sour compounds extract first, then the sweet, and finally the bitter. By restricting the coffee extraction during a ristretto shot, the barista is removing the opportunity for these bitter solubles to extract. This means the ristretto shot will be sweeter but more acidic, when compared to the espresso shot, which presents a more balanced flavour experience.

Now you're up to speed on coffee extraction - read on to see how exactly each of the drinks on the menu are made at Octeine Coffee. Then, take your pick!

What exactly is in your coffee?

Espresso = 20ml espresso

Macchiato = 20ml espresso + small dash of steamed milk

Piccolo = 15ml ristretto + 75ml steamed milk

Magic = 30ml ristretto + 130ml steamed milk

Flat white = 20ml espresso + 130ml steamed milk

Cappuccino = 20ml espresso + 130ml steamed milk + chocolate sprinkle

Latte = 20ml espresso + 160ml steamed milk

Long black = 130ml hot water + 20ml espresso

Mocha = 20ml espresso + 130ml steamed chocolate milk + chocolate sprinkle

Iced coffee = 40ml espresso + 260ml cold milk + ice + scoop of vanilla bean ice cream

Batch brew = 320ml hot filter coffee brewed in our Behmor brewer

Cold drip = 320ml cold filter coffee brewed in our Tiamo Tower

Cold brew = 320ml cold filter coffee brewed in our Toddy brewing system

What is the Octeine Coffee Seasonal Blend?

Our current blend is:

Java, Indonesia | Luoka, PNG | Nascor do Sol, Brazil



Java, Indonesia

Processing method: *Washed*
Varietal: *Jember S795 & Ateng*
Altitude: *1,500 masl*
Tasting notes: *Honey, jasmine tea, dark chocolate, hints of red berries and spice*
Location: *Pengalengan, West Java*

Luoka, PNG

Processing method: *Washed*
Varietal: *Blue Mountain & Arusha*
Altitude: *1,400-2,000 masl*
Tasting notes: *Apple, pineapple, caramel*
Producer: *Mr. Peno Kavori*
Location: *Eastern Highlands province*

Nascer do Sol, Brazil – Silo 7

Processing method: *Brazil Natural*
Varietal: *Mundo Novo, Yellow Catuai*
Altitude: *1,800 masl*
Tasting notes: *Hazelnut, dark chocolate*
Location: *Pocos De Caldas*

Single origin coffee

Check the coffee board to see how we're brewing this coffee today.

Ethiopia Mormora

Region: *Shakiso, Guji*
Processing: *Natural*
Varietal: *Mixed Heirloom*
Altitude: *1,800-2,200 masl*



Mormora Plantation is located in the Shakiso subregion of Guji, Ethiopia. Run by five shareholders, some of which were Guji Zone gold traders in previous lives, Mormora is a pioneering venture which helped establish the Shakiso area as a prominent specialty coffee region.

The soil across all of their sites is predominantly loamy, and the far area is covered by a dense forest. All coffee is one hundred percent shade grown. They produce washed as well as full natural processed coffees, and have a number of sites for processing.



bacterial health properties which have been shown to help in conditions such as asthma, eczema, arthritis and inflammatory bowel disease.

Beetroot

This beetroot chai infusion creates a vibrant pink latte. It is great for detoxifying the liver from unwanted substances. Naturally sweet with subtle chai spices, this blend is a perfect harmony of flavour and nutrition. No added sugar.

Reishi

This is a blissful blend of vibrant purple carrot, with organic floral botanicals. Its traditional Chinese adaptogens assist in hormone balancing, as well as increasing immunity and liver function.

Wine (by the bottle / by the glass)

Seppeltsfield	BTG / BTB	
2020 Barossa Grenache	12	50
2018 Barossa Shiraz	12	50
2020 Barossa Vermentino	12	50