

FROZEN SMOOTHIES

GREEN MACHINE with Spinach, frozen banana, frozen pineapple, coconut water.	9
TROPICAL TANGO with Frozen mango, frozen banana, frozen pineapple, coconut milk.	9
BERRYLICIOUS with Frozen mixed berries, frozen banana, coconut milk.	9
ACAI SMOOTHIE Coconut water, Acai, banana & mixed berries	9

COLD DRINKS

ICED COFFEE	9
ICED LATTE	7.5
ICED MOCHA	9
ICED CHOCOLATE	9
ICED LONG BLACK	7.5
ICED CAPPUCCINO	7.5
THE AFFOGATO	8.5
ICED CHAI LATTE	9
ICED MATCHA	9
MILKSHAKES Banana, chocolate, caramel, vanilla or strawberry Nutella or biscoff	8.5
FRAPPES Coffee, mocha, chocolate, matcha, chai	9

PROTEIN SHAKES

Chocolate Or Vanilla Whey Protein

T.P.B SHAKE Almond milk, creamy peanut butter, banana, ground cinnamon, chocolate whey protein powder	9
MANGO BLISS Pineapple , mango , vanilla protein powder, rolled oats, turmeric, honey, coconut milk	9
DATE ME UP Bananas, 4 dates, chocolate whey protein powder, peanut butter, almond milk	9
MIXED BERRIES SHAKE Coconut water, raspberries, strawberries, spinach, chia seeds, vanilla protein powder	9

SOFT DRINKS

Coke	4
Coke Zero	4
Fanta	4
Sprite	4
MINERAL WATER	
Still	4
Sparkling	4.5

FRESH JUICE

MORNING SUNSHINE Orange, apple and mint	8.5	
THE HULK Green apple, celery, cucumber, spinach, and lemon	8.5	
BUGS BUNNY Carrot, apple, lemon and ginger	8.5	
BIG BANG Pear, apple, spinach, lemon and ginger	8.5	
BERRY BLAST Blueberries, strawberries and pineapple, apple and pear	8.5	
MINTY MELON Watermelon and mint leaves	8.5	
CREATE YOUR OWN Your choice of 4 fruits:	8.5	
-Apple	-Mint	-Celery
-Orange	-Pineapple	-Ginger
-Watermelon	-Pear	-Mixed Berries
-Carrot	-Banana	-Cucumber
	-Lemon	-Spinach
Extra shot of ginger 2		



HOT DRINKS

Babyccino	0.5		
Espresso	3.7		
Macchiato	4		
Piccolo	4		
- Long black	Reg 4.5	Lrg 5	
- Latte			
- Cappuccino			
- Flat white			
- Matcha latte	Reg 4.6	Lrg 5.2	
- Chai latte			
-Mocha	Reg 4.9	Lrg 5.5	
-Hot chocolate			
Dirty chai latte	Reg 5.20	Lrg 5.70	
Latte with a flavour:	Reg 5.5	Lrg 6.5	
-Nutella Latte			
-Biscoff Latte			
-Tumeric Latte			
TEA			
- English breakfast		-Silver jasmine	4.5
- Lemon grass ginger		- Moroccan mint	
- Earl grey			
EXTRAS			0.7
- Double shot		- Decaf	
DAIRY FREE MILK			0.7
- Almond		- Oat	
- Soy		- Lactose free	



Trading Hours

Monday to Friday 6:00am - 6:00pm

Saturday to Sunday 7:00am - 6:00pm

1b/20 Zoe Place, Mount Druitt

PLEASE ORDER AND PAY AT COUNTER

Kitchen closes at 3pm everyday

While we try to outline allergen items in our dishes menu items may contain or come in contact with WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK.

*GLUTEN FREE BREAD OPTION AVAILABLE

*10% PUBLIC HOLIDAY SURCHARGE MAY BE APPLIED ON PUBLIC HOLIDAYS

BREAKFAST

All day breakfast

- TOAST**  **7.5**
With your choice of butter, nutella, jam, honey, marmalade, vegemite or peanut butter on your choice of Turkish, Sourdough rye or white **Extra Cheese & Tomato 1**
- ZA'ATAR WRAP**  **11**
With tomato, cucumber, onion, olives, mixed lettuce and fetta on pita bread **Add Egg \$3**
- SCRAMBLED EGG WRAP** **14**
With sujuk or beef rasher, cheese, spinach, tomato, bbq sauce
- BEEF RASHERS AND EGG ON TURKISH**  **14**
With 2 Fried eggs, cheese, tomato, sautéed spinach, bbq sauce on Turkish or Milk Bun
- EGGS YOUR WAY**  **13**
(Fried, Poached, Scrambled) with grilled tomato on sourdough
- BREAKFAST BAGEL** **17**
Served with fried eggs, baby spinach, tomato, caramelised onion, sujuk & hashbrown
- EGGS BENNY**  **21**
With 2 poached eggs, sautéed spinach and hollandaise sauce served on sourdough with your choice of smoked salmon or beef rashers
- SHAKSHUKA**  **22**
Served with baked eggs, sujuk, in a rich capsicum, eggplant, zucchini, tomato, onion and fetta tagin served with Turkish bread
- SMASHED AVOCADO** **20**
With 2 poached eggs, heerloim cherry tomatoes, danish fetta, avocado, watermelon radish, lemon wedge & zataar on sourdough
- CHILLI LABNEH EGGS**   **22**
Grilled Halloumi, sauteed spinach, chilli mix, labneh with poached eggs served on top of soughough
- BREAKFAST BRUSCHETTA**   **22**
2 poached eggs, halloumi, marinated seasonal tomato and onion with balsamic glaze and basil pesto served on sourdough
- 3 EGG OMELETTE**  **23**
ALL SERVED WITH BREAD
CHOICE OF
1: Fetta, tomato, sautéed spinach, mushrooms, onion & za'atar
2: Sujuk, tomato, onion, cheese
3: Smoked salmon, onion, capers, cheese, tomato
4: Beef rashers, cheese, spinach, tomato
- EGGS ROYALE** **22**
Served with smashed avocado, sautéed spinach, grilled mushrooms, beef rashers, two poached eggs served with sourdough bread
- THE RITUAL FEAST**  **28**
With 2 eggs your way, sujuk, grilled halloumi, hashbrown, Lebanese sausage, sautéed mushrooms, labne, avocado, grilled tomato and za'atar served with Sourdough
- TURKISH BREAKFAST FOR 2** **38**
With 3 Turkish style eggs, (sujuk, tomato, onion, capsicum & seasoning) served with olives, hummus labneh, tahini & dale molasses dip, kaymak & honey, jam, string halloumi, cucumber, tomato, watermelon, orange served with 2 Turkish bread & simit bread

ALLERGEN INFORMATION



LUNCH

- FALAFEL WRAP**   **15**
With hummus, lettuce, onion, cucumber, pickles, tomato, falafel & tahini sauce, with chips on the side
- RITUAL CHARGRILLED WRAP**   **18**
Chargrilled meat wrap with your choice of (chicken, lamb or kefta) marinated in herbs and spices, wrapped in a soft tortilla with mixed leaves, tomato, onion, cucumber, BBQ sauce and hummus served with chips
- MEDATERRANEAN VEGGIE WRAP**  **16.5**
Roasted pumkin, Spanish onion, roasted capsicums, hummus, lettuce, cucumber, olives and sundried tomatoes wrapped in a tortilla bread served with a side of chips
- FALAFEL PLATTER**   **18**
With hummus, pickled turnips, tahini, served with salad and pita bread **ADD Chips | 3.5**
- CHICKEN SCHNITZEL BURGER**  **20**
With cheese, tomato, lettuce, coleslaw, pickles, served with chips and chipotle sauce
- GRILLED CHICKEN BREAST** **25**
With Chicken breast chips & salad served with gravy or mushroom sauce
- STEAK SANDWICH**  **24**
Lettuce, cheese, caramelised onion, beetroot, dill pickles served with chips American mustard & Chipotle sauce
- WAGYU BEEF BURGER** **21**
100% Wagyu beef mince, lettuce, tomato, American cheese, caramelised onions, pickles with house made sauce
- CHICKEN TACOS**  **24**
Pickled red cabbage, crispy chicken, pico de gallo, avocado on a warm soft tortilla bread drizzled with chipotle sauce
- CHILLI PRAWN TACOS**  **25**
Served with white cabbage, carrots, corn, fresh coriander, avocado, sour cream, pica de Galo, topped with chilli prawns
- THE RITUAL PLATTER** **30**
Chargrilled (chicken, lamb, lamb kefta) skewers served chips, and with fresh salad tossed in sharp lemon dressing, hummus and pita bread
- 250G PREMIUM GRADE SCOTCH FILLET** **30**
Cut grilled to perfection, served with medley of seasonal vegetables and mash potatoes with a choice of mushroom or gravy sauce
- 200g Grilled Atlantic Salmon**  **28**
Delicious flavour of freshly grilled Atlantic salmon paired with seasonal vegetables and mash potato topped with a classic French bearnaise sauce



SALADS

- GRILLED CHICKEN PUMPKIN & QUINOA**  **22**
Grilled chicken breast, roasted butternut pumpkin, cherry tomato, cucumber, Spanish onion, quinoa & mesclun toasted in sharp lemon dressing
- STEAK BOWL** **23**
With 250g sirloin steak, mesclun, beetroot, orange, grilled peach, halloumi cheese dressed in a sharp coriander dressing
- CRISPY CHICKEN SALAD**   **22**
Avocado, cucumber, tomato, onion, mixed lettuce, crispy chicken tossed in an addictive siracha honey dressing
- MEDITERRANEAN SALMON SALAD** **22**
200g grilled Atlantic Salmon served on top of mixed lettuce, avocado, onion, tomato, cucumber, feta cheese and olives dressed in a sharp lemon dressing
- FALAFEL BOWL**   **20**
Falafel on a bed of hummus with Edamame, avocado, quinoa, spiced roasted broccoli, carrot, red cabbage drizzled with tahini sauce served with pita bread
- CHILLI PRAWN SALAD** **22**
Served with mesclun, avocado, onion, tomato, cucumber, fetta cheese, and olives dressed in coriander lemon dressing
- PASTA**
- CON POLLO** **24**
Grilled chicken, avocado, spring onions served with rose sauce
- EL PESTO** **24**
Grilled chicken, cooked with homemade pesto, mushrooms and broccoli served in white creamy sauce
- CHILLI PRAWNS**  **26**
Sautéed prawns in olive oil with parsley, garlic, chilli flakes and spinach served in rose sauce

SIDES



- Salt & Pepper Squid** **12**
- Potato Wedges** **9.5**
- Sweet Potato Chips** **7**
- Chips** **6**
- THE RITUAL WRAPS**
- CHICKEN AVO** **12**
- CHICKEN PESTO CHICKEN** **12**
- SCHNITZEL** **12.5**
- PERI CHICKEN** **12**
- SMOKED SALMON BAGEL** **13**

ALLERGEN INFORMATION



MINI ME


All day breakfast

- SCRAMBLE EGG**  **10**
With a hash brown and toast
- BEEF RASHER ROLL**  **10**
Beef rasher, fried egg on milk bun with tomato sauce.
- HOTCAKES** **12**
1 vanilla hotcake topped with nutella, vanilla ice-cream and fresh strawberries

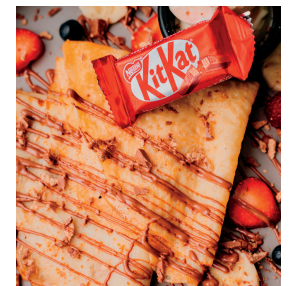
Lunch

- LITTLE NUGGETS** **11**
Chicken nuggets served with a bowl of chips
- Calamari & Chips** **13**

DESSERTS

- KNAFEH FRENCH TOAST** **18**
Brioche toast, knafeh, vanilla ice-cream, pistachio, banana and strawberries with rose water syrup
- TWO STACK PANCAKES** **16**
Served with banana, seasonal berries, vanilla ice-cream and topped with Belgium chocolate
- BELGIUM WAFFLES** **17**
Served with 2 waffles, banana, seasonal berries, ice cream with Belgian chocolate
- AMERICAN STYLE PANCAKES**  **17.5**
Served with seasonal berries, vanilla bean ice-cream, maple syrup, berry compote and caramelised banana
- BISCOFF PANCAKES** **17**
Two stack pancakes served with banana, seasonal berries, vanilla ice cream, topped with biscoff sauce
- BRUSSEL CREPES** **17**
With your choice of Biscoff, Oreo or Kitkat with banana, fresh seasonal berries, vanilla ice cream & your choice of biscoff or belgian chocolate topping

PLEASE CHECK OUT TODAYS SELECTION OF CAKES, PASTRIES AND SLICES IN OUR DISPLAY



EXTRAS

- Hashbrown **2**
- Extra egg **3**
- Feta cheese **(4)** | 1x Falafel **(2)** | Mushroom **(4)** | Bread **(2)** | Lamb skewer **(6)** | kefta skewer **(6)** | chicken skewer **(6)**
- Sujuk | Avocado **4.5**
- Smoked salmon | Beef rashers | **5**
Halloumi | Chicken breast