

Coffee & Hot Drinks

Flat White Cappuccino Latte	4.00/4.50
Espresso Ristretto Americano	3.90
Café Viennois	6.00
Hot Chocolate	5.00
Extra shot Decaf	+0.60
Bonsoy Almond milk Coconut milk Rice milk	+0.80
Prana Chai, steamed with bonsoy	5.50
Turmeric Latte, steamed with coconut milk	5.50
Beetroot Latte, steamed with almond milk	6.50

Tea

All our loose leaf teas are ethically sourced, hand picked and lovingly blended by Love Tea.

Black:	
English Breakfast Earl Grey	4.50
Green:	
Traditional Green Jasmine Pearls	4.50/5.50
Herbal:	
Lemongrass Ginger Rooibos Moroccan Mint	4.50
White:	
White, Rose & Goji	4.50
Wellness:	
Detox	5.00
with dandelion, nettle & burdock to support liver & kidneys	
Digestive	5.00
with fennel, aniseed & lemon balm to aid digestion	
Skin Glow	5.00
with calendula, red clover & burdock root to clear toxins	

Cold Pressed Elixirs

All elixirs are made by Feast Juice using certified organic ingredients and proven rare pure plant extracts.

Phyto Cleanse	11.00
Carrot, Beet, Ginger, Turmeric, Apple, Lime, Acai	
Hydra Cleanse	11.00
Apple, Cucumber, Celery, Kale, Lemon, Ginger, Cayenne, Chlorella, Irish moss, Mint	
Tranquilize	11.00
Orange, Pineapple, Turmeric, Fennel, Ginseng	
Detoxify	11.00
Apple, Fennel Root, Lemon, Oregano, Activated Charcoal	

Smoothies

Acai	10.50
Acai, banana, strawberries, apple and almond milk	
B&P	10.50
Banana, peanut butter, honey, cinnamon and milk	
Tropical	10.50
Mango, strawberries, apple, mint and pineapple juice	
Super Green	12.00
Avocado, kale, pineapple, matcha and almond milk	



PHAMISH FOOD & WINE BAR

Fresh. Organic. Ethical.

Drinks & Juice



Chia:	6.00
Feijoa & Pink Guava Coconut Water & Mango Blueberry	
<i>Contains the richest plant source of omega 3, complete protein, antioxidants, and essential nutrients.</i>	
Remedy Kombucha:	5.50
Original Raspberry Lemonade Ginger Lemon Cherry Plum	
<i>Kombuch is a lightly sparkling fermented black or green tea health drink. This refreshing elixir is brimming with probiotics, living enzymes and organic acids.</i>	
House-pressed juice	8.00
Choose your own combination of up to four fruits and/or vegetables. <i>Ask for today's selection.</i>	

Traditional	4.50
Coke Diet Coke Lemonade Fanta Orange	
Milkshakes	7.50
Chocolate Caramel Vanilla Strawberry	

Water

Coconut Water 100% Pure	4.00
<i>Excellent for recovery after exercise and prevention of fatigue.</i>	
Watermelon Water 100% Pure	4.50
<i>Refreshing and packed with amino acids. Effective in reducing muscle soreness.</i>	
Still/Sparkling Water 200ml 500ml	3.50/4.50
<i>From the pristine water in the heart of the Snowy Mountains</i>	

Red Wine

		
Habitat Shiraz <i>South East Australia</i>	8.50	35.00
Round Two Single Vineyard Merlot <i>Barossa Valley, SA</i>	9.50	44.00
Rob Dolan 'White Label' Pinot Noir <i>Yarra Valley, VIC</i>	12.00	56.00
Paringa Estate Pinot Noir <i>Mornington Peninsula, VIC</i>		54.00
Three Dark Horses Grenache <i>McLaren Vale, SA</i>		45.00
Two Hands 'Sexy Beast' Cabernet Sauvignon <i>McLaren Vale, SA</i>		59.00
Kennedy Shiraz <i>Heathcote, VIC</i>		46.00

White Wine

		
Habitat Chardonnay <i>South East Australia</i>	8.50	35.00
Hamelin Bay Sauvignon Blanc <i>Margaret River, WA</i>	9.50	44.00
Rob Dolan 'White Label' Pinot Gris <i>Yarra Valley, VIC</i>	11.50	54.00
Slipknot Sauvignon Blanc <i>Marlborough, New Zealand</i>		43.00
Leeuwin Estate 'Art Series' Riesling <i>Margaret River, WA</i>		45.00
Yering Station 'Village' Chardonnay <i>Yarra Valley, VIC</i>		49.00
Le Grand Cros Rosé <i>Cotes de Provence, France</i>	12.00	56.00

Beer

James Boags Premium Light	7.50
Stone & Wood Pacific Pale Ale	9.00
Pure Blonde	8.00
Crown Lager	8.50
Sample Pale Ale	9.50
Corona	8.50
Asahi	9.00
à BLOC Natural Blonde	9.00

Cider

Napoleone & Co Pear Cider	9.50
Batlow Cloudy Apple Cider	9.50

On Tap

Kronenbourg	9.50
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Bubbly & Champagne

Beelgara Estate The Vines Brut NV <i>New South Wales</i>	8.50	35.00
Paul Louis Blanc de Blancs Brut NV <i>Loire Valley, France</i>	11.00	50.00
Veuve Clicquot Champagne <i>Reims, France</i>		115.00

Cocktails, Spirits, Liqueur

Full range available.
Please ask your staff for our daily selection of delectable cocktails.



PHAMISH
FOOD & WINE BAR

Fresh. Organic. Ethical.

Happy Hour

House wine and beer	5.00
Cocktails	10.00

Available Monday-Friday 3pm-6pm.