

All Day Breakfast

Eggs On Toast (GFA) **\$12**
Eggs Served Either Poached, Fried Or Scrambled (+\$1) On Buttered Sourdough

Add bacon +5
Add hashbrowns +4

Avo on Toast (GFA) **\$14**
Smashed avo served on buttered sourdough with fresh lemon

Add bacon +5
Add eggs +4

Breakfast Bruschetta **\$20**

❁ **Avocado**
Smashed Avo, Tomato Salsa, Fetta & Balsamic Glaze, Served On Sourdough

❁ **Mushroom**
Grilled Mushrooms, Parsley, Parmesan, Spinach, Cherry Tomato & Garlic Served On Sourdough

Add bacon +5
Add hashbrowns +4

Bacon And Egg Roll (GFA) **\$12**
Fried Egg, Bacon, BBQ Sauce On A Turkish Roll

Veggie Brekkie Roll (GFA) **\$13**
Halloumi, Fried Egg, Rocket, Tomato, Grilled Mushroom, Mayo Served On A Turkish roll

Eggs Benedict (GF) 1/2 SERVE **\$16** FULL SERVE **\$26**
Potato Rosti, Spinach, Tomato, Egg, Hollandaise

Option of bacon, salmon or avocado

Omelette **\$23**
Served With Sourdough
Ask Us What Our Omelette Of The Week Is

Corn & Kale Fritters 1/2 SERVE **\$18** FULL SERVE **\$26** (GF, V)
Served With Rocket, Avo Salad, Coconut Yoghurt & House Made Tomato Relish

Pancakes (GF) 1/2 SERVE **\$18** FULL SERVE **\$25**
House Made Pancakes With Hidden Greens. Served With Mixed Berries, Vanilla Ice Cream And Maple Syrup

Add coconut yogurt +2

Big Breakfast **\$28**
Bacon, Chorizo, Hash Brown, Roasted Tomato, Eggs, Mushrooms & Baked Beans W/ Tomato Relish

Hot Oats **\$14**

❁ **Crunch Crisis**
Creamy Oats Topped With Peanut Butter, Banana, Almonds, Peanuts And Honey

❁ **Choc Mania**
Creamy Oats With Cacao And Chocolate Protein, Topped With Almond Butter, Coconut Flakes, Strawberries And Cacao Nibs

❁ **Apple Crunch**
Creamy Fruit Oats, Topped With Apple, Cinnamon, Almonds, Dates And Honey

KIDS MENU

13 years and under – includes a kids milkshake or juice:

Bacon and Eggs, Toast with Avo or Spread, Ham and Cheese Toastie Or, Pancake **\$14**

(GFA) GLUTEN FREE AVAILABLE (DF) DAIRY FREE (GF) GLUTEN FREE (V) VEGAN PLEASE ADVISE US OF ANY ALLERGIES

ADD ONS

Bacon, Chicken, Leg Ham, Potato Rosti (2) **\$5**

Avocado, Hashbrown (2), Grilled Tomatoes, Egg (2), Mushrooms **\$4**

Side Of Fries **\$4**

Mayo, Aioli, Cheese, Coyo, Tomato Relish, Hollandaise **\$2**

Peanut Butter, Protein, Tomato Sauce, BBQ Sauce, GF Bread **\$1**

Sourdough 1 Slice **\$3.50**
2 slices **\$5**



All Day Lunch

Sandwiches & Wraps

On Turkish, Sourdough, Gluten Free Bread (+\$1)
Or A Wrap

- ✿ **Chicken** \$15
Avo, Bacon, Cheese, Greens, Mayo & Herb Dressing
- ✿ **Ham** \$15
Tomato, Mayo, Cheese, Greens, Caramelised Onion & Seeded Mustard
- ✿ **Salmon** \$16
Salmon, Smashed Avo, Cucumber, Greens, Onion & Cream Cheese
- ✿ **Vego** \$14
Humus, Cucumber, Tomato, Avo, Onion & Greens

Add a side of fries +4

Burgers

\$23

- ✿ **Beef**
Beef Patty, Bacon, Cheese, Mayo, Greens, Tomato & Bbq Sauce Served With Fries
- ✿ **Chicken**
Chicken Breast, Cheese, Greens, Tomato & Mayo Served With Fries
- ✿ **Veggie**
House Made Sweet Potato & Chickpea Patty, Tomato, Cucumber, Greens & Mayo Served With Fries

Steak Sanga

\$24

Sourdough, Rib Eye Filet, Beetroot, Greens, Tomato, Cheese & Tomato Sauce Served With Fries

Chicken Open Grill

1/2 SERVE \$15 FULL SERVE \$24

Served On Turkish With Mayo, Pesto, Avocado & Cheddar

Nourish Bowl (V)

\$22

Changes Weekly, Check Our Chalk Board Inside For Today's Bowl

Fried Rice

\$18

A Classic Fried Rice With Either Chicken Or Tofu Topped With Crushed Peanuts And Spring Onion

Savoury Mince

\$19

Mince With Carrots, Celery, Peas, Corn And Onion - Served With Sourdough

Nacho Salad (GF, V)

\$20

Organic Greens, Avocado, Tomato Salsa, Mexican Beans, Coconut Yoghurt W Corn Chips

Chicken Caesar Salad

\$18

Diced Chicken, Bacon, Croutons, Boiled Egg, Shaved Parmesan, Cos Lettuce & Caesar Dressing

Crunchy Noodle Salad

\$18

Greens With Crunchy Noodles, Avocado, Spring Onion, Carrots, Mandarin, Red Cabbage with Honey Soy Dressing

Blended Salad

\$18

Halloumi, Carrot, Orange, Watercress, Baby Spinach, Pepitas, Sesame Seeds and Honey-Mustard Dressing

Bowl Of Potato or Sweet Potato Fries

\$9

Served With Aioli

SALADS, TREATS & MORE

Check out our wide range of gourmet salads, sandwiches, toasties and treats in our display fridge!

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(V) VEGAN PLEASE ADVISE US OF ANY ALLERGIES

ADD ONS

Bacon, Chicken, Leg Ham, Potato Rosti (2) \$5

Avocado, Hashbrown (2), Grilled Tomatoes, Egg (2), Mushrooms \$4

Side Of Fries \$4

Mayo, Aioli, Cheese, Coyo, Tomato Relish, Hollandaise \$2

Peanut Butter, Protein, Tomato Sauce, BBQ Sauce, GF Bread \$1

Sourdough 1 Slice \$3.50
2 slices \$5