

All Day Breakfast

Eggs On Toast (GFA)

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

Add bacon +5
Add hashbrowns +4

Avo on Toast (GFA)

Smashed avo served on buttered sourdough with fresh lemon

Add bacon +5
Add eggs +4

Breakfast Bruschetta

Avocado

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

Mushroom

Grilled Mushrooms, Parsley, Spinach, Cherry Tomato & Garlic Served On Sourdough

Add bacon +5
Add hashbrowns +4

Bacon And Egg Roll (GFA)

Fried Egg, Bacon, BBQ Sauce On A Turkish Roll

Veggie Brekkie Roll (GFA)

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

Add Avocado +4

Omelette

Served With Sourdough
Ask Us What Our Omelette Of The Week Is

\$11

Corn & Kale Fritters (GF, V)

1/2 SERVE \$17 FULL SERVE \$26

Served With Rocket, Avo Salad, Coconut Yoghurt & House Made Tomato Relish

\$13

Pancakes (GF)

1/2 SERVE \$17 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

\$13

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

\$11

\$13

\$23

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

(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)

Avocado, Hashbrown (2), Grilled Tomatoes, Egg (2), Mushrooms

Side Of Fries

\$5 Mayo, Aioli, Cheese, Coyo, Tomato Relish, Hollandaise \$2

\$4 Peanut Butter, Protein, Tomato Sauce, BBQ Sauce, GF Bread \$1

\$4 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, 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

\$22

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 W Mayo, Pesto,
Avocado & Cheddar

Nourish Bowl (V)

\$22

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

Gnocchi

\$24

House Made Gnocchi, Cherry Tomato,
Zucchini, Onion, Basil, Parmesan With Passata

Ravioli

\$24

House Made Ravioli With Ricotta And Spinach,
Butter Fresh Sage And Shaved Parmesan

Fried Rice

\$18

A Classic Fried Rice With Either Chicken
Or Tofu

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

Salad Of The Week

\$18

Changes Weekly, Check Our Chalkboard Inside
For Flavour Of The Week

Bowl Of Potato or Sweet Potato Fries

\$9

Served With Aioli

Bowl Of Potato Wedges

\$9

Served With Sour Cream and Sweet Chilli Sauce

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

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

Avocado, Hashbrown (2),
Grilled Tomatoes, Egg (2),
Mushrooms

\$4

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

Side Of Fries

\$4

Sourdough 1 Slice \$3.50 2 slices \$5