

## All Day Menu

Granola W Greek Yoghurt (GF* Plant based*)	19.00	Wellness Bowl (GF, Plant based*)	22.00
Seasonal fresh fruit & compote, coconut flakes, crushed nuts, chia seeds, and milk of choice.		Chilli-peanut cucumber, avocado, hummus, baby spinach, cherry tomatoes, pickled carrot, spiced pumpkin seeds, fried kumara sticks, and sprouts.	
Free Range Eggs On Toast (V GF*)	14.50	+ Add: Grilled chicken thigh Salmon	7.00 9.00
Eggs done your way on sourdough.		Halloumi/ Plant based burger patty	6.00
+ Make it Plant Based with scrambled tofu & mushrooms.	5.00		
		Autumn Buttermilk Pancakes (Plant based*, GF*)	22.00
Eggs Benedict with Hollandaise on Hash Brown (GF)	20.00	With passionfruit sauce, nuts, gingernut crumbs, salted caramel sauce, and dark chocolate.	
With your choice of:		A Breakfast Bagel (GF* Plant based*)	22.00
<ul><li>Streaky bacon,</li><li>Grilled salmon,</li><li>Garlic butter mushrooms &amp; spinach.</li></ul>		Hash brown, avocado, baby spinach, roasted veggie relish, hollandaise sauce, and sprouts with your choice of: - Streaky bacon - Grilled salmon	
Bacon & Egg Butty (GF*)	15.80	- Garlic butter mushrooms & spinach.	
Bacon, fried egg, grilled Brioche bun with aioli, house sauce		+ Add: Halloumi/facon	6.00
+ Add: Hash brown	2.00	Smashed Avocado with Dukkah seasoning On Toast (V GF* Plant Based*)	21.00
Fish Butty (GF*)	18.00	+ Add: Poached egg	3.50
Panko fried fish, grilled Brioche bun, tartare sauce, and fresh		Spicy chorizo	6.00
tomatoes.		Bacon/facon	6.00

Stir Fried Chilli Garlic Noodles w Stir Fried Vegetables (GF PB	*) 17.50		
Keto Feast (GF)	28.00	C A	A F E
Bacon, spicy chorizo, halloumi, mushroom, grilled tomato, avocado, wilted spinach and eggs.		Sides	
Southern style Chicken Burger (GF* V*)	18.00	Fries Regular	8.00
Lime & chipotle chicken patty, cheese, avocado, corn &		Fries Large	12.00
jalapeno, spicey mayo, and rocket, in a grilled brioche bun.  + Add: Fries	8.00	Chicken Nuggets (12 Pack)	10.50
Cheeseburger (GF*)	18.00	Kids Menu	
Smoky beef patty, burger cheese, bacon, pickles, caramelised onions, burger sauce, and bbq sauce, in a grilled bun.  + Add: Fries + Add: Extra patty & cheese	8.00 8.00	Kids Pizza (1/2 a 12-inch pizza) With your choice of: - Ham and cheese	12.00
Holoumi Durger (V/CF*)	10.00	- Just cheese  Kids Fish Bites (6 pieces) and Fries	14.00
Haloumi Burger (V GF*)  Haloumi, burger cheese, pickles, caramelised onions, burger sauce, and bbq sauce, in a grilled bun.  + Add: Fries	18.00	Mini Corn Dog (3 pieces) and Fries	14.00
	2.22	Chicken Nuggets (6 pieces) and Fries	14.00
	8.00		14.00
Plant based burger (Plant Based GF*)  Plant based patty, plant-based mozzarella, avocado, pickles, caramelised onions, burger sauce, and bbq sauce, in a grilled bun.	18.00	Dumplings and Fries With your choice of: - Chicken - Pork - Plant Based	14.00
+ Add: Fries	8.00	Jelly	5.00

