

TO EAT...

Toast with your choice of spreads (2 slices) \$7/\$8

Sourdough/Multigrain/Rye/Fruit Toast/Gluten free

Filled bagel *(NF) \$12

- mapled bacon & fried eggs, tomato ketchup

- avocado & halloumi, fried egg, tomato

- grilled chicken breast, avocado, lettuce, aioli

- cured salmon, cream cheese, cucumber, pickled fennel

Two eggs your way on toast *(NF)(V) \$10

ADD SIDES

bacon/ mushrooms/ cured salmon/ halloumi

chorizo/avocado/baked beans

roasted tomatoes /potato roesti

wilted spinach /two eggs/feta

battered chips / wedges

bacon steak

Buttermilk pancakes (NF)

w/ butter, maple syrup

w/ berries, cream, maple syrup

w/ crispy bacon, a fried egg

Bircher muesli (V)

w/ organic yoghurt, banana, fresh berries, dates, pear

Lemon & vanilla yoghurt bowl (V)

w/ honey granola, kiwi fruit, berry compote, apple, mint

Porridge (V)

organic 5 grain oats, rhubarb, golden raisin & apricot

compote, fresh bananas, berries

Fresh avocado on rye toast *(V)(NF)

w/ feta, lemon, mild chilli

BLT roll *(NF)

bacon, lettuce, tomato, roasted garlic aioli, ciabatta roll

ADD avocado

Brekkie burger (NF)

bacon, fried eggs, hash brown, cheddar, BBQ sauce

French toast (V)

caramel, banana, berries, maple syrup, candied pecans

Chilli scrambled eggs (V) (NF)*

w/ creamy feta cheese, crispy potato hash, sourdough

Smashed avocado on multigrain toast (V) *

w/ poached eggs, cherry tomatoes, feta, seeds

\$15

\$15

\$15

\$14

\$15

\$3

\$15

\$17

\$17

\$18

Omelette on toast *(V) (NF)

roasted capsicum, mushrooms, goats cheese, spinach

Herb roasted mushrooms & sourdough * (V)

w/ two poached eggs, spinach, kale, Persian feta, walnuts

Breakfast board (V)

avocado on toast, a poached egg, yoghurt & granola

house baked banana loaf, spiced butter, fresh orange juice

Baked beans on toast *(NF)

haricot beans cooked in rich tomato sauce, spinach,

chorizo sausage, sage & parmesan crumble, a poached egg

Grilled thick cut bacon (NF)

w/ potato hash, grilled tomato, avocado, apple & fennel salad,

a poached egg, toast

House cured salmon on rye * (NF)

citrus & dill cured salmon, cherry tomatoes, avocado,

pickled fennel, goats cheese, a poached egg, lemon

Marinated tomatoes & halloumi on toast *(V) (NF)

w/ orange pickled shallots, fennel & radish, a poached egg

Soup (NF) (V)

minestrone soup, croutons, parmesan cheese

Crumbed chicken breast & chips (NF)

w/ tomato & pickled shallot salad, lemon aioli,

\$17

\$18

\$21

\$17

\$21

\$20

\$18

\$13

\$20

TO EAT...

Grilled 4-cheese toastie on sourdough (V)(NF)*	\$14
<i>tasty, parmesan, mozzarella& halloumi cheese, honey mustard</i>	
<i>ADD a fried egg on top</i>	\$2
<i>ADD mushrooms</i>	\$3
Chicken & bacon club sandwich *(NF)	\$16
<i>W/ tomato, lettuce, aioli, swiss cheese on sourdough</i>	
Fried chicken burger (NF)	\$16
<i>southern style fried chicken breast with cheddar cheese, lettuce, coleslaw, pickled cucumber, tomato, aioli</i>	
Organic quinoa & brown rice salad (V)(GF)	\$16
<i>W/ broccolini, kale, asparagus, avocado, sweet corns, toasted almonds, lemon yoghurt dressing</i>	
<i>ADD cured salmon OR grilled chicken</i>	
Braised lamb shoulder salad	\$5
<i>W/ lentils, barley, roasted pumpkin & carrot, currants, pomegranate pearls, minted yoghurt, mix seeds</i>	\$20
Grilled free-range chicken salad (GF)	\$19
<i>rosemary marinated chicken breast, grilled broccoli & cauliflower, spinach hummus with avocado, smoked almonds, a poached egg</i>	
Toasties	
<i>ham & cheese</i>	\$8.5
<i>ham & cheese & tomato</i>	\$9.5
<i>cheese & tomato</i>	\$8
<i>chicken & avocado</i>	\$11
<i>design your own sandwich</i>	P.O.A

TO DRINK ...

Coffee	
<i>Latte / Cappuccino / Flat white</i>	\$4
<i>Magic / Piccolo</i>	\$4
<i>Long Black / Short Black</i>	\$4
<i>Short Mac/ Long Mac</i>	\$4
<i>Mocha / Hot Choc</i>	\$4.5
<i>Chai Latte/ Matcha latte</i>	\$4.5
<i>Turmeric latte</i>	\$4.5
<i>Extras: large/ extra shot</i>	+50c
<i>soy/oats milk</i>	
<i>Milk Lab almond / lactose free</i>	
Tea by T2	\$4.5
<i>English breakfast/ Earl grey/ Chamomile</i>	
<i>Peppermint / Green tea/ Lemongrass & ginger</i>	
Iced Drinks	
<i>Iced latte</i>	\$5
<i>Iced coffee</i>	\$6
<i>Iced chai latte</i>	\$6
<i>Iced chocolate</i>	\$6
<i>Iced mocha</i>	\$6.5
Fresh orange OR grapefruit juice	\$6
House made iced tea with fresh mint & lemon	\$5

Milkshakes	Sml/Lrg
	\$5/6
Thickshakes	\$7/8
<i>chocolate/ caramel/</i>	
<i>strawberry/ vanilla/coffee</i>	
Smoothies	
-Mixed berries	\$9.5
<i>strawberries, raspberries,</i>	
<i>blueberries, cherries, grapes,</i>	
<i>rhubarb, apples, yoghurt,</i>	
<i>coconut water</i>	
-Green machine	\$9.5
<i>spinach, kale, mint, mango,</i>	
<i>pineapple, kiwifruit, banana,</i>	
<i>yoghurt, coconut water</i>	
-Morning glory	\$9.5
<i>organic oats, bananas,</i>	
<i>cocoa powder, oats milk</i>	
-Peanut butter & banana	
<i>organic peanut butter, banana, yoghurt,</i>	
<i>cinnamon, honey, milk</i>	