

ALL DAY BREAKFAST

BREKKY BURGER (gf-o) \$16.5

Bacon, free range fried egg, smashed avo, swiss cheese, hash brown, tomato relish, aioli, milk bun

BREAKFAST PANNA COTTA (veg) \$17.5

Vanilla yoghurt panna cotta, seasonal fruits, granola, passionfruit coulis, coconut flakes

SALMON BAGEL \$18.5

Smoked salmon, cucumber, herb cream cheese, dill, capers, spanish onion served with potato crisps

FRITTERS (veg) \$19.5

Fritter stack, fried egg, smashed avo, romesco, dill yoghurt
Add bacon: +\$5

BIG BREAKFAST (veg-o) \$23.5

Free range eggs your way, bacon, smashed avo, mushroom, grilled tomato, hash brown on sourdough
(veg-o – replace bacon with baby spinach)

FRENCH TOAST (veg) \$19.5

Brioche french toast, seasonal berries, custard, vanilla bean ice cream, raspberry coulis, macadamia crumble

EGGS BENEDICT (gf-o, veg-o) \$19

Poached eggs, baby spinach, smoked hollandaise, sourdough
Choice of: bacon, smoked salmon or mushroom

EGGS ON TOAST (veg, gf-o) \$12

Eggs your way with choice of organic sourdough, rye, seeded toast

TOAST (veg, gf-o) \$8

Choice of organic sourdough, rye, seeded or fruit toast. Served with choice of butter, jam, honey, peanut butter or vegemite

HEUVOS SUCIOS (DIRTY EGGS) (veg-o) \$19.5

Fried eggs, chorizo, croquettes, tortilla, black bean & corn salsa, chipotle aioli, paprika
(veg-o – replace chorizo with smashed avocado)

EGG & BACON ROLL (gf-o, veg-o) \$12

Bacon, free range fried egg, bbq sauce, aioli, milk bun
(veg-o – replace bacon with mushroom)

SIGNATURE AVOCADO (veg, gf-o, v-o) \$20

Smashed avo, poached eggs, salsa fresca, marinated feta, hazelnut dukkah, sourdough
Add bacon +\$5
(v-o – replace eggs & feta with mushrooms)

LUNCH Available from 11.30am

NOURISH BOWL (gf, veg-o) \$23

Pickled red cabbage & carrot, cucumber, edamame beans, pumpkin, cauliflower
Choice of: teriyaki salmon, teriyaki chicken or house made falafel with yoghurt tahini

OPEN STEAK SANDO (gf-o) \$21

Angus beef, cornichon & onion relish, swiss cheese, dijon mustard on sourdough served with french fries

CREAMY PESTO PENNE (veg) \$18

Sun dried tomato, spinach, creamy pesto, parmesan, penne
Add grilled chicken +\$5

PERSIAN SALAD (veg) \$18.5

Pumpkin, cherry tomato, cucumber, spanish onion, mixed leaves, parsley, marinated feta, quinoa, pomegranate, pistachio, EVOO dressing
Add grilled chicken +\$5

CALAMARI TACOS (2pc) \$16.5

Crispy calamari, smashed avo, slaw, pickled onion, corn & black bean salsa, chipotle aioli, lime

CRISPY SALMON FILLET (gf) \$22

Pan seared salmon fillet, fennel salad, dill yoghurt

CHICKEN KATSU BURGER \$19.5

Lettuce, american cheese, tonkatsu sauce, kewpie mayo, milk bun served with french fries

REUBEN BAGEL \$18

Corned beef, swiss cheese, pickled cabbage, pickles, garlic aioli, mustard served with potato crisps

FALAFEL WRAP (veg) \$15

House made falafel, cherry tomato, cucumber, pickled onion, parsley, yoghurt tahini sauce wrapped in pita bread

HALLOUMI FRIES \$12

FRENCH FRIES/SWEET POTATO FRIES \$7/\$9

TOASTIES / CROISSANTS

BAGEL served with cream cheese (veg) \$8

CROISSANT served with butter & jam (veg) \$7.5

CHEESE & TOMATO (veg, gf-o) \$8.5

HAM & CHEESE (gf-o) \$9

HAM, CHEESE & TOMATO (gf-o) \$10

SIDES

Bacon, chorizo, smoked salmon, smashed avo, mushroom, haloumi \$5

Baby spinach, grilled tomato \$4

One poached, fried or scrambled egg \$3

Hash brown, one toast \$2.5

Gluten free bread +\$2

French fries/sweet potato fries \$4/\$6

DRINKS

COFFEE

WHITE \$3.8
 BLACK \$3.8
 MOCHA \$4
 HOT CHOCOLATE \$4
 CHAI LATTE \$4
 DIRTY CHAI LATTE \$4.5
 MATCHA LATTE (soy milk) \$5
 AFFOGATO \$6
 IRISH COFFEE \$12
 DECAF ADD .50
 EXTRA SHOT ADD .50
 SOY / ALMOND / OAT .50
 LACTOSE FREE
 FLAVOURS (per shot) .50
 Caramel, Hazelnut, Vanilla

TEAS

ENGLISH BREAKFAST
 EARL GREY
 CHAMOMILE
 PEPPERMINT
 LEMONGRASS & GINGER
 MATCHA IRI SENCHA
 CHAI CHAI CHAI \$7
 (Infused with Soy milk)

OVER ICE CREAM

ICED COFFEE
 ICED MOCHA
 ICED CHOCOLATE

REG LRG

\$3.8 \$4.5
 \$3.8 \$4.5
 \$4 \$4.7
 \$4 \$4.7
 \$4 \$4.7
 \$4.5 \$5.2
 \$5 \$5.7
 \$6
 \$12
 .50
 .50
 .50
 .50

\$5.5

\$7

\$8.5

OVER ICE

ICED LATTE
 ICED LONG BLACK
 ICED CHAI
 ICED MATCHA \$7.5
 (ON SOY MILK)

FRAPPE

COFFEE
 MOCHA
 CHCOOLATE
 MATCHA

FRESH JUICES

SUNSET \$8
 Watermelon, pineapple, orange

CLEAN & GREEN \$8
 Granny Smith apples, celery, ginger

OJ \$7

APPLE JUICE \$7
 Granny Smith apples

SMOOTHIES \$9.5

BERRYLICIOUS
 Mixed berries, banana, vanilla ice cream, honey, milk

MANGO TANGO
 Mango, banana, passionfruit, mango nectar, milk

BANANA
 Banana, greek yoghurt, honey, cinnamon, milk

\$5.5

\$7.5

\$8.5

\$8

\$8

\$7

\$7

\$9.5

COLD DRINKS

HOUSE SPARKLING \$4
 MT FRANKLIN STILL \$4
 COKE \$5
 COKE NO SUGAR \$5
 SPRITE \$5
 PEACH ICE TEA \$5
 LEMON LIME BITTERS \$5.5
 CRANBERRY JUICE \$5.5

SHAKES/THICKSHAKES \$6.5/\$8.5

CHOCOLATE
 VANILLA
 STRAWBERRY
 CARAMEL
 BANANA
 COFFEE



Please note that we do not substitute or alter our menu items, however we do cater to dietary requirements and will endeavour to fulfil any reasonable request

gf = gluten free / gf-o = gluten free option / veg = vegetarian / v = vegan / v-o = vegan option

Menu items may contain or come into contact with dairy, egg, nuts, seafood & wheat

We happily split bills
 10% Sunday & 15% Public Holiday Surcharge
 1% Card Surcharge Apply / 2.5% AMEX Surcharge Apply