



# MENU



PLEASE ORDER AT THE COUNTER

## TOAST WITH BUTTER AND CONDIMENTS

- Sourdough (856kJ) / Quinoa Soy Linseed (1419kJ) 6
- Gluten Free (856kJ) 7
- Fruit Loaf with Ricotta & Honey (2150kJ) 7
- served with strawberry jam (150kJ) / peanut butter (273kJ) / vegemite (35kJ) **add extra condiment +0.5**

## TOASTIES

- Cheese & Tomato <sup>v</sup>(1830kJ) 7
- Ham & Cheese (2010kJ) 9
- Ham Cheese & Tomato (2060kJ) 10
- Chicken & Avo (3110kJ) 12

## EGGS AS YOU LIKE <sup>v gfor</sup>

- Served on sourdough toast (see extras) 10
- Poached (1540kJ) / Scrambled (2000kJ) / Fried (2090kJ)

## BREKKIE WRAP

- Bacon, scrambled eggs, hash brown, tomato relish, lettuce, hollandaise sauce in spinach wrap (3370kJ) 13
- Add cheese (+276kJ) +1 / avo (+994kJ) +2**

## BREKKIE BURGER

- Bacon, fried egg, hash brown, lettuce, house tomato relish, tomato, aioli on a soft milk bun (3370kJ) 13
- Add cheese (+276kJ) +1 / avo (+994kJ) +2**

## OMELETTE <sup>v gfor</sup>

- Roasted mushrooms, braised tomato, tempura batter bits, chives and mozzarella served with toasted bread (2250kJ) 17
- Add chicken (+718kJ) / ham (+453kJ) / smoked salmon (+561kJ) +4**

## CRUSHED AVO DELIGHT <sup>v gfor</sup>

- Crushed avo, tomato salsa, green balsamic, poached egg, whipped Persian fetta, chilli, chives with toasted sourdough (2640kJ) 18

## ZUCCHINI FRITTERS <sup>v</sup>

- Zucchini & fetta fritters, house tomato relish, tomato salsa, chives, whipped Persian fetta, poached egg, fine herbs (1450kJ) 18

## GRILLED HALLOUMI BENNY <sup>v gfor</sup>

- Spiced eggplant, tomato, raisin, coriander, grilled halloumi, sautéed kale, Spanish onion, poached eggs, and hollandaise on a toasted English muffin (2340kJ) 18
- Or, swap the halloumi for smoked salmon (+561kJ) / ham (2920kJ) or bacon! (3210kJ)**

## TRUFFLE MUSHROOM BRUSCHETTA <sup>v gfor</sup>

- Mushrooms, avocado, spring onion, chilli, eschalots, truffle, thyme and poached egg on toasted sourdough (1620kJ) 18

| EXTRAS   |   |   |       |
|--|---|---|-------|
| Poached Egg (345kJ) / Hash Brown (553kJ) /                                   | 3 | Ham (453kJ) / Grilled Chicken (718kJ) / Grilled Bacon (1310kJ) / Grilled Halloumi (722kJ) / Smoked Salmon (561kJ) | 5     |
| Sautéed Kale (67kJ) / Mushrooms (160kJ) / Avocado (994kJ) / Chorizo (1310kJ) | 4 | Potato Chips (1192kJ) / Sweet Potato Chips (809kJ)  | 5 / 7 |

Please notify staff of any food allergies.  
To maintain the integrity of the dish, **no changes** to the dish are permitted.

<sup>v</sup> vegetarian option    <sup>gf</sup> gluten free    <sup>gfor</sup> gluten free on request

## BREAKFAST GNOCCHI

- House made potato gnocchi, roasted tomato, chorizo, chilli, shallots, parmesan snow, poached egg, crispy potato skins (3590kJ) 19
- Or, swap the chorizo for chicken (+718kJ)**

## LEAF BREKKIE <sup>v</sup>

- Two poached eggs, grilled halloumi, hash browns, mushrooms, sautéed kale, smashed avo, roasted tomato with toasted sourdough (3760kJ) 22

## BIG BREAKFAST

- Two eggs your way, chorizo, bacon, hash browns, crushed avo and roasted mushroom with toasted sourdough (4440kJ) 22

## ROASTED PUMPKIN SALAD <sup>v</sup>

- Roasted pumpkin, pepita seeds, whipped Persian fetta, tomato, avo, salad leaf, roasted Spanish onion, balsamic glaze (2300kJ) 17
- Add avo (+994kJ) +4    Add chicken (+718kJ) +5**
- Add halloumi (+722kJ) +5    Add smoked salmon (+561kJ) +5**

## GRILLED CHICKEN SALAD <sup>gf</sup>

- Grilled chicken breast, green apple, onion, quinoa, avocado, soft boiled egg, carrots, shredded green coral lettuce, parmesan snow, cranberry, honey mustard dressing (1990kJ) 19

## CHEESE MELT

- Served on rustic bread
- Mushroom & Tomato <sup>v</sup> (1560kJ) 12
- Ham & Pineapple (1920kJ) 13
- Chicken & Avocado (2580kJ) 14

## B.L.A.T. <sup>gfor</sup>

- Bacon, lettuce, smashed avo, tomato, house sweet chilli mayo on sourdough (3070kJ) 14

## CHICKEN SCHNITZEL WRAP

- Panko crumbed chicken breast fillet, lettuce, avo, tomato, English cheddar cheese, sweet chilli mayo on a spinach wrap (3240kJ) 14

## PERI PERI CHICKEN WRAP

- Grilled marinated chicken breast, cucumber, corn, onion, lettuce, tomato, house peri peri mayo on a spinach tortilla (2400kJ) 14

## VEGETARIAN WRAP <sup>v</sup>

- Grilled halloumi, spiced eggplant, lettuce, tomato, coriander, raisin, Spanish onion, aioli on a spinach wrap (2940kJ) 14

## GRILLED WAGYU BEEF CHEESEBURGER

- Wagyu beef patty, marinated bacon, lettuce, house relish, tomato, cheddar cheese, tempura onion ring, special burger sauce served on a milk bun with chips (6090kJ) 19

## FISH & CHIPS

- Crispy battered flathead fillets, chips and tartar sauce (3330kJ) 18

## CHICKEN SCHNITZEL

- Panko crumbed chicken breast fillet, cabbage slaw, chips, and creamy mushroom sauce (3780kJ) 18
- Make it parmigiana! (+280kJ) top with tomato ragu and mozzarella +3**

| KID'S MENU   |    |
|--|----|
| <i>Served with Kid's AJ (+480kJ)</i>   |    |
| <b>Kid's Ham &amp; Cheese Toastie (1460kJ)</b>                                     | 10 |
| <b>Kid's Chicken Nuggets</b><br>With chips and tomato sauce (2650kJ)               | 10 |
| <b>Kid's Cheeseburger</b><br>With wagyu beef, cheese, BBQ sauce and chips (3960kJ) | 14 |

The average adult daily energy intake is 8700kJ

# DRINKS



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## BREW BAR

### COLD DRIP COFFEE

A slow, four to six hour extracted coffee. Sweet, liquor like flavour with low acidity. Sold in a bottle. Served on ice. (2kj) 6

### ESPRESSO

Ristretto (2kj) 3.4  
Short Black (2kj)  
Long Black (4kj) 3.9  
Macchiato (61kj) 3.9  
Piccolo (197kj)  
Flat White (451kj)  
Latte (541kj)  
Cappuccino (451kj)

### SPECIALTY

Chai Latte (910kj) 4.4  
Green Tea Latte (929kj)  
Red Velvet Latte (1530kj)  
Turmeric Latte (1040kj)

### upsized +0.7

Babycino (133kj) 1.5

### upsized +0.7

### BELGIAN HOT CHOCOLATE / MOCHA

We use Belgian couverture chocolate, high-quality chocolate that contains a higher percentage of cocoa.

| HOT CHOCOLATE | 4.9 | MOCHA         | 4.9 |
|---------------|-----|---------------|-----|
| White (979kj) |     | White (937kj) |     |
| Milk (1250kj) |     | Milk (933kj)  |     |
| Dark (1080kj) |     | Dark (924kj)  |     |

### upsized +1.0

### upsized +1.0

|   |     |
|---|-----|
| Decaf (2kj) / Extra Shot (2kj)  | 0.5 |
| Almond Milk (231kj) / Soy Milk (361kj)  | 0.7 |
| <b>FLAVOUR</b>   Caramel (270kj), Hazelnut (274kj), Vanilla (274kj), Mint (280kj) | 0.7 |

### ORGANIC LOOSE LEAF TEA

Temperature controlled, brewed to perfection. 4.5

### GOOD MORNING

Our luxurious take on English Breakfast Tea (2kj)

### EARL GREY BLUEFLOWER

Ceylon Orange Pekoe Black Tea infused with bergamot (2kj)

### GENMAICHA (KYOTO JAPAN)

Brothy Kyoto Green Tea with toasted rice (2kj)

### SILVER JASMINE (ZHEJIANG)

Silver tipped Green Tea, infused with jasmine blossoms (2kj)

### DOUBLE MINT

Mint & spearmint, lavender and fennel seeds to aid digestion (2kj)

### LEMONGRASS GINGER

Lemongrass and ginger blend to restore minerals (2kj)

### CHAMOMILE LAVENDER

A floral bouquet with sweet honey notes that soothe (2kj)

### MASALA CHAI

Authentic Indian recipe of spices with an Assam Tea base (465kj)

## COLD BEVERAGE

### ICED ESPRESSO

Iced Long Black (4kj) 5.5  
Iced Latte (1050kj) 5.5  
Iced Coffee (1450kj) 6.5  
Salted Caramel Affogato (1370kj) 6

### BLENDED

Coffee (1700kj) 7  
Chai Latte (910kj) 7  
Green Tea Latte (908kj) 7

### BLENDED CHOCOLATE 7.5 BLENDED MOCHA 7.5

|                |                |
|----------------|----------------|
| White (3020kj) | White (2110kj) |
| Milk (2957kj)  | Milk (2100kj)  |
| Dark (2900kj)  | Dark (2080kj)  |

### HANDCRAFTED SODA

New Zealand Golden Kiwi & Mint (860kj) 6.5  
Lychee (712kj) 6.5  
Cranberry & Lime (759kj) 6.5

### ORGANIC ICED TEA

#### BREAKFAST LEMON MINT

Ceylon Orange Pekoe Tea with fresh lemon juice & mint (611kj) 6

#### LEMONGRASS & GINGER

Caffeine-free cold tisane with fresh lemon zest (402kj) 6

#### EGYPTIAN ICE

Liquid Turkish delight (439kj) 6

### COLD PRESSED JUICE

**ORANGE** | Straight orange juice (600kj) 9

**GREEN** | Apple, pear, spinach & kale (830kj) 9

**RED** | Watermelon & strawberry (665kj) 9

### FRUITY SMOOTHIE

**STRANANA** 7.5

Strawberry, banana, milk & honey (1290kj)

#### PASSION TANGO <sup>df</sup>

Pineapple, passionfruit, banana & mango (1330kj) 7.5

#### SUMMER SUNSET <sup>df</sup>

Pineapple, mango, strawberry & kiwi (1290kj) 7.5

#### AÇAÍ <sup>df</sup>

Açaí, blueberry, blackberry, banana (1420kj) 8.5

### MILKSHAKE

Chocolate (1690) / Vanilla (1540kj) / Salted Caramel (1470kj) / Strawberry (1550kj) / or Banana (1290kj) 6

|                             |   |
|-----------------------------|---|
| Add WHEY Protein (502kj)    | 2 |
| Add Extra Ice Cream (645kj) | 1 |

<sup>df</sup> Dairy free

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ