



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^v(1830kJ) 7
- Ham & Cheese (2010kJ) 9
- Ham Cheese & Tomato (2060kJ) 10
- Chicken & Avo (3110kJ) 12

EGGS AS YOU LIKE ^{v gfor}

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

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 ^{v gfor}

- 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 ^{v gfor}

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

ZUCCHINI FRITTERS^v

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

GRILLED HALLOUMI BENNY ^{v gfor}

- 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 ^{v gfor}

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

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)**

^v vegetarian option ^{gf} gluten free ^{gfor} gluten free on request

The average adult daily energy intake is 8700kJ

LEAF BREKKIE ^v

- 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 ^v

- 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 ^{gf}

- 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^v (1560kJ) 12
- Ham & Pineapple (1920kJ) 13
- Chicken & Avocado (2580kJ) 14

B.L.A.T. ^{gfor}

- 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 ^v

- 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**

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

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