



MENU



PLEASE ORDER AT THE COUNTER

TOAST WITH BUTTER AND CONDIMENTS

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

EGGS AS YOU LIKE ^{v gfor} 11
Served on sourdough toast (see extras)
Poached (1540kJ) / Scrambled (2000kJ) / Fried (2090kJ)

BREKKIE WRAP 16
Bacon, scrambled eggs, hash brown, tomato relish,
lettuce, hollandaise sauce in spinach wrap (3370kJ)
Add cheese (+276kJ) +1 / avo (+994kJ) +2

BREKKIE BURGER 16
Bacon, fried egg, hash brown, lettuce, house tomato relish,
tomato, aioli on a soft milk bun (3370kJ)
Add cheese (+276kJ) +1 / avo (+994kJ) +2

OMELETTE ^{v gfor} 18
Roasted mushrooms, braised tomato, tempura batter bits,
chives and mozzarella served with toasted bread (2250kJ)
Add chicken (+718kJ) / ham (+453kJ) / smoked salmon (+561kJ) +4

CRUSHED AVO & TOMATO DELIGHT ^{v gfor} 18
Crushed avo, cherry tomato salsa, green balsamic glaze,
poached egg, whipped Persian fetta, yuzu gel, chives,
pickled eschalots with toasted sourdough (2230kJ)

ZUCCHINI FRITTERS ^v 18
Tempura zucchini fritter, tomato & avocado salsa, tomato relish,
tzatziki, poached egg, fine herb & radish salad (1230kJ)

BREAKFAST GNOCCHI 20
House made potato gnocchi, roasted tomato, chorizo, chilli, shallots,
parmesan snow, poached egg, crispy potato skins (3590kJ)
Or, swap the chorizo for chicken (+718kJ)

GRILLED HALLOUMI BENNY ^{v gfor} 19
Spiced eggplant, tomato, raisin, coriander, grilled halloumi,
sautéed kale, Spanish onion, poached eggs, and hollandaise
on a toasted homemade crumpet (2340kJ)
**Or, swap the halloumi for smoked salmon (+561kJ) / ham (2920kJ)
or bacon! (3210kJ)**

BIG BREAKFAST 24
Two eggs your way, chorizo, bacon, hash browns, crushed avo
and roasted mushrooms with toasted sourdough (4440kJ)

LEAF BREKKIE ^v 24
Two poached eggs, grilled halloumi, hash browns, mushrooms,
sautéed kale, smashed avo, roasted tomato with toasted
sourdough (3760kJ)

ROASTED PUMPKIN SALAD ^v 19
Roasted pumpkin, pepita seeds, whipped Persian fetta, tomato,
avo, salad leaf, roasted Spanish onion, balsamic glaze (2300kJ)
Add avo (+994kJ) +4 Add chicken (+718kJ) +5
Add halloumi (+722kJ) +5 Add smoked salmon (+561kJ) +5

SUPERFOOD SALAD ^{v gf} 20
Corn, avocado, onion, chilli, tomato, chickpeas, cucumber, kale,
quinoa, roasted pumpkin, seeds, honey mustard dressing (1490kJ)
Add halloumi (+722kJ) / grilled chicken (+718kJ) / smoked salmon (+561kJ) +5

GRILLED CHICKEN SALAD ^{gf} 21
Grilled chicken breast, green apple, onion, quinoa, avocado,
soft boiled egg, carrots, shredded green coral lettuce,
parmesan snow, honey mustard dressing (1990kJ)

TOASTIES
Cheese & Tomato ^v (1830kJ) 8
Ham & Cheese (2010kJ) 9
Ham Cheese & Tomato (2060kJ) 10
Chicken & Avocado (3110kJ) 12

B.L.A.T. ^{gfor} 14
Bacon, lettuce, smashed avo, tomato, house sweet chilli
mayo on sourdough (3070kJ)

CHICKEN FAJITA WRAP 15
Grilled marinated chicken, mixed peppers, onion, avocado,
lettuce, tomato, melted mozzarella cheese, peri peri mayo,
on a spinach wrap (1940kJ)
Add chips (+1192kJ) +4

CHICKEN SCHNITZEL WRAP 15
Panko crumbed chicken breast fillet, lettuce, avo, tomato,
English cheddar cheese, sweet chilli mayo on a spinach wrap
(3240kJ)
Add chips (+1192kJ) +4

VEGETARIAN WRAP ^v 16
Grilled halloumi, spiced eggplant, lettuce, tomato, coriander,
raisin, Spanish onion, aioli on a spinach wrap (2940kJ)
Add chips (+1192kJ) +4

GRILLED WAGYU BEEF BURGER 20
Wagyu beef patty, house tomato relish, lettuce, tomato,
melted cheddar cheese, sour pickles, tempura onion ring,
special burger sauce served on a milk bun with chips
(6280kJ)

CHICKEN SCHNITZEL 21
Panko crumbed chicken breast fillet, cabbage slaw, chips,
and creamy mushroom sauce (3780kJ)
Make it parmigiana! (+280kJ) top with tomato ragu and mozzarella +3

FISH & CHIPS 22
Crispy battered flathead fillets, chips and tartar sauce
(3330kJ)

EXTRAS			
Poached Egg (345kJ) / Hash Brown (553kJ) / Roasted Tomato (86kJ)	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.
10% surcharge on public holidays.
To maintain the integrity of the dish, **no changes** to the dish are permitted.
Chicken dishes are Halal-friendly.

The average adult daily energy intake is 8700kJ

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

