



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} 12

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

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)

OMELETTE ^{v gfor} 19

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

ZUCCHINI FRITTERS ^v 19

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

BREAKFAST GNOCCHI 21

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 gfor} 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) 9
Ham & Cheese (2010kJ) 10
Ham Cheese & Tomato (2060kJ) 11
Chicken & Avocado (3110kJ) 12

B.L.A.T. ^{gfor} 15

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

CHICKEN FAJITA WRAP 16

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 16

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 21

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) /	3	Grilled Chicken (718kJ) /	6
Hash Brown (553kJ) /	4	Grilled Bacon (1310kJ) /	
Roasted Tomato (86kJ)		Grilled Halloumi (722kJ) /	
Sautéed Kale (67kJ) /		Smoked Salmon (561kJ)	
Mushrooms (160kJ) /		Potato Chips (1192kJ)	5
Avocado (994kJ) /		Sweet Potato Chips (809kJ)	7
Chorizo (1310kJ) /			
Ham (453kJ)			

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

