

BRUNCH

TOAST WITH BUTTER AND CONDIMENTS

Sourdough (856kJ)	8
Soy Linseed (1419kJ)	8
Gluten Free (856kJ)	9
Fruit Loaf with Honey (2010kJ)	9

Served with strawberry jam (150kJ) / peanut butter (273kJ) / Vegemite (35kJ) / **Add extra condiment +1**

EGGS AS YOU LIKE ^{GF} 15

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

BREKKIE BURGER 18

Bacon, fried egg, hash brown, lettuce, homemade tomato relish, tomato and aioli on a soft milk bun (2790kJ)

Swap bacon to grilled halloumi cheese upon request (2740kJ)

Add cheese (+276kJ) +1 / Add avocado (+994kJ) +2 /

Wrap option available

EGG SALAD TOAST ^{CHEF'S PICK} 20

Cultured smoked umami spread, Japanese style egg salad, roe¹, chives on a toasted Shokupan (2940kJ)

POACHED PEAR BIRCHER MUESLI ^{VEGAN} 21

Spiced poached pear, strawberries and rhubarb compote, oats, apple, berries, coconut yogurt, homemade granola (1470kJ)

ULTIMATE BREAKFAST WRAP 22

Grilled pork chorizo patty, scrambled eggs, hash brown, lettuce, pickles, tomato salsa, spicy pineapple jalapeno relish, aioli, mozzarella cheese, wrapped in a spinach tortilla (3380kJ)

CRUSHED AVOCADO ON TOAST ^V 24

Slow roasted cherry tomato, parsley, whipped Persian fetta, homemade chilli oil, pickled eschalots, poached eggs, toasted sourdough (2330kJ)

THREE CHEESE OMELETTE ^V ^{CHEF'S PICK} 24

Parmesan cheese, cheddar cheese, mozzarella cheese, coriander, onion, braised eggplant, tomato salsa, toasted focaccia (2450kJ)

TURKISH EGGS 24

Grilled pork chorizo, slow roasted cherry tomato, poached eggs, lemon & dill labneh, Aleppo butter, toasted focaccia (3530kJ)

TEMPURA CORN FRITTERS ^V 25

Crispy tempura corn fritters, crushed avocado, tomato salsa, tomato relish, whipped Persian fetta, poached egg, soft herbs, parmesan snow (2840kJ)

CHILLI SCRAMBLED EGGS ON CRUMPET ^V 25

Slow braised eggplant relish, chilli oil, pan roasted tomato, parsley, grilled halloumi, toasted coconut, soft herbs, toasted sourdough crumpet (2860kJ)

TRUFFLE MUSHROOM OMELETTE ^V ^{CHEF'S PICK} 26

Mixed mushrooms, asparagus, parsley, eschalots, garlic, truffle butter, creamy mushroom sauce, chilli oil, parmesan snow, toasted focaccia (3230kJ)

GARLIC PRAWN OMELETTE 26

Sauteed prawns¹, asparagus, garlic, roasted cherry tomato, eschalot, mozzarella cheese, napolitana sauce, parsley, toasted focaccia (2420kJ)

EGGS BENEDICT 26

Poached eggs, crushed avo, sauteed spinach, hollandaise, toasted sourdough crumpet, fine herbs

Choice of Salmon¹ (2630kJ) +2 / Bacon +1 (3370kJ) /

Halloumi ^V (3260kJ)

BREAKFAST GNOCCHI ^{CHEF'S PICK} 27

Homemade potato gnocchi, roasted tomato, pork chorizo, chilli, parsley, parmesan snow, poached egg (2810kJ)

Swap the chorizo for chicken (2530kJ)

LEAF BREKKIE ^V 27

Two poached eggs, grilled halloumi, hash browns, mushrooms, Sauteed spinach, crushed avocado and roasted tomato with toasted sourdough (3530kJ)

SMOKED SALMON BENNY ^{CHEF'S PICK} ON OKONOMIROSTI 28

Japanese style rosti, smoked salmon¹, poached eggs, avocado, roe, corn salsa, hollandaise, fine herbs (2430kJ)

Swap the salmon for ham (2630kJ) or bacon (2900kJ) upon request

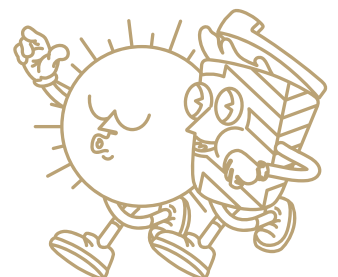
BIG BREAKFAST 29

Two eggs your way, crushed avocado, grilled pork chorizo, bacon, hash browns, smoked umami potato croquettes, roasted mushrooms served with toasted sourdough

Poached (4000kJ) / Scrambled (4090kJ) / Fried (4120kJ)

EXTRAS

AIOLI SAUCE (414KJ) / CHILLI OIL (287KJ)	1
HOLLANDAISE SAUCE (414KJ) / HASH BROWN (553KJ)	3
POACHED EGG (345KJ)	3.5
SAUTEED SPINACH (251KJ) / HAM (453KJ) / MUSHROOMS (160KJ) / AVOCADO (994KJ) / SMOKED UMAMI POTATO CROQUETTES - 2 PCS (590KJ)	4
GRILLED HALLOUMI (722KJ)	6
GRILLED CHICKEN (718KJ) / GRILLED BACON (1310KJ) / PORK CHORIZO (1310KJ) / SCRAMBLED EGGS (734KJ)	7
SMOKED SALMON¹ (561KJ)	8
POTATO CHIPS (1192KJ)	9
SWEET POTATO CHIPS (809KJ)	12



THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ

^VVegetarian ^{GF}Gluten free ^{GFOR}Gluten free on request ^AAustralian ^IImported ^MMixed origin ^{CHEF'S PICK} Chef's pick

• Please notify staff of food allergies • Sorry, we can't remove or swap ingredients • 15% public holiday surcharge • Halal chicken

BURGERS, SANDWICHES AND MORE

TOASTIES

Cheese & Tomato ^V (1830kJ)	11
Ham & Cheese (2010kJ)	12
Ham Cheese & Tomato (2060kJ)	14
Grilled Chicken, Cheese & Avocado (3110kJ)	18

B.L.A.T. ^{GFOR} 20

Bacon, lettuce, crushed avocado, tomato and homemade sweet chilli mayo, served on toasted focaccia (3530kJ)

Swap bacon with halloumi ^V (3440kJ)

GRILLED HALLOUMI WRAP ^V 21

Roasted pumpkin, avocado, crispy chickpeas, raisins, tomato salsa, eggplant, coriander, grilled halloumi, shredded lettuce, aioli in a spinach wrap (2100kJ)

CHICKEN FAJITA WRAP 21

Marinated fajita chicken, grilled peppers, onion, avocado, tomato salsa, baby cos, mozzarella cheese, smokey chipotle mayonnaise (mild) in a spinach wrap (2610kJ)

TRUFFLE MUSHROOM PIZZA SANDWICH ^V ^{CHEF'S PICK} 24

Sautéed mixed mushrooms with parsley, eschalots, garlic, truffle butter, caramelised onion and mushroom relish, chilli oil, mozzarella cheese (4400kJ)

CHORIZO & PRAWNS PIZZA SANDWICH 28

Grilled pork chorizo, sautéed prawns[!], garlic, eschalots, chilli, napolitana, parsley, mozzarella cheese, chimichurri (4380kJ)

VEGETARIAN BURGER ^V 24

Grilled halloumi cheese, tempura corn fritter, lettuce, tomato, caramelised onion & mushroom relish, aioli, served on a toasted milk bun with a side of chips (4530kJ)

GRILLED SPICY CHICKEN BURGER (MILD) 25

Grilled chicken breast, chilli oil, avocado, shredded lettuce, tomato, melted cheddar cheese, aioli, served on a toasted milk bun with a side of chips (4150kJ)

GRILLED BEEF CHEESEBURGER 26

Homemade beef patty, homemade tomato relish, lettuce, tomato, pickle, melted cheddar cheese, grilled bacon and special burger sauce served on a milk bun, with a side of chips (6140kJ)

MAINS

FISH & CHIPS 25

Crispy battered flathead fillets[!], chips, house salad, lemon and tartar sauce (3330kJ)

SPICY GARLIC PRAWNS ^{CHEF'S PICK} 25

Sauteed prawns[!], pork chorizo in a creamy chilli & garlic sauce, served with toasted focaccia bread (4070kJ)

CREAMY MUSHROOM PASTA ^V 29

Creamy mixed mushroom ragu sauce, eschalots, garlic, parsley, parmesan snow, spaghetti, truffle oil (3350kJ)

Add chicken (+718kJ) +7

CHICKEN BOSCAIOLA SPAGHETTI 30

Marinated chicken, bacon, mushrooms, eschalots, garlic, and chives in a rich creamy sauce with parmesan snow (1930kJ)

BEEF CHEEKS OMURICE ^{CHEF'S PICK} 33

6-hour slow cooked beef cheek, served on top of a soft omelette, tomato and seasonal veggie fried rice, demi glace sauce (3510kJ)

SALADS

SUPERFOOD SALAD ^V ^{GFOR} 24

Corn, avocado, onion, chilli, tomato, crispy chickpeas, kale, edamame, cous cous, roasted pumpkin, toasted seeds, honey mustard dressing (2060kJ)

Add avocado (+994kJ) +4 / Halloumi (+722kJ) +6 /

Chicken (+718kJ) +7 / Smoked salmon[!] (+561kJ) +8

EMERALD GREEN BOWL ^V ^{CHEF'S PICK} 26

Pan roasted greens (broccolini, asparagus, kale), garlic butter, avocado, edamame, couscous, hummus, toasted seeds, parmesan snow, roasted sesame dressing (4740kJ)

Add chicken (+718kJ) +7

GRILLED CHICKEN HARVEST BOWL ^{CHEF'S PICK} 27

Grilled marinated chicken fillet, boiled eggs, avocado, sweet harvest corn, tomato, red onion, Persian feta, charred broccolini, fresh parsley, creamy garlic dressing (3640kJ)

DESSERTS

PISTACHIO FRENCH TOAST ^V 24

Whipped vanilla mascarpone, seasonal berries, pistachio brittle, vanilla ice cream, pistachio glaze (5200kJ)

MIXED BERRY & BELGIAN CHOCOLATE FRENCH TOAST ^V 24

Seasonal berries, strawberries & rhubarb compote, vanilla mascarpone, belgian chocolate, ice cream (5390kJ)

LEMON RICOTTA PANCAKE ^V ^{CHEF'S PICK} 24

Classic pancakes topped with lemon ricotta, strawberry & rhubarb compote, fresh seasonal berries, maple syrup, icing sugar (4050kJ)

FOR THE LITTLE ONES

🌿 available for 12 and under 😊

KID'S BREKKIE 13

Scrambled egg, hash brown and toast (1590kJ)

KID'S CHICKEN NUGGETS 13

With chips and tomato sauce (2650kJ)

KID'S PIKELETS 13

With seasonal fruits and ice cream (2160kJ)

KID'S GRILLED CHICKEN BURGER 16

With lettuce, tomato, BBQ sauce and chips (3080kJ)

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^M Mixed origin ^{CHEF'S PICK} Chef's pick • Please notify staff of food allergies

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surcharge • Halal chicken

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BREW BAR

COLD DRIP COFFEE 8
A slow, four to six hour extracted coffee. Sweet, liquor-like flavour with low acidity. Sold in a bottle. Served on ice. (2kJ)

ESPRESSO | UPSIZE +0.8
Ristretto (2kJ) / Short Black (2kJ) 4.5
Long Black (4kJ) / Macchiato (61kJ) / 5
Piccolo (197kJ) / Flat White (451kJ) /
Latte (541kJ) / Cappuccino (451kJ)

SPECIALTY | UPSIZE +0.8 5.2
Chai Latte (910kJ) / Taro Latte (1470kJ) /
Green Tea Latte (929kJ) / Red Velvet Latte (1530kJ)

BELGIAN HOT CHOCOLATE | UPSIZE +1.5 6.2
We use Belgian couverture chocolate, high-quality chocolate that contains a higher percentage of cocoa.
White (979kJ) / Milk (1250kJ) / Dark (1080kJ)

MOCHA | UPSIZE +1.5 6.2
We use Belgian couverture chocolate, high-quality chocolate that contains a higher percentage of cocoa.
White (937kJ) / Milk (933kJ) / Dark (924kJ)

BABYCINO (133kJ) 2

EXTRAS

Decaf (2kJ) / Extra Shot (2kJ) +0.6
Almond Milk (231kJ) / Soy Milk (361kJ) / +0.8
Oat Milk (413kJ) / Lactose Free Milk (534kJ)
FLAVOUR | Caramel (270kJ) / Hazelnut (274kJ) / +0.8
Vanilla (274kJ) / Mint (280kJ)

ORGANIC LOOSE LEAF TEA 5.5
Temperature controlled, brewed to perfection.

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 Assam Tea base & honey (465kJ)

CHILLED BAR

ICED ESPRESSO
Iced Long Black (4kJ) / Iced Latte (1050kJ) 7
Iced Coffee (1450kJ) 8
Affogato (729kJ) 7

BLENDED 9
Coffee (1700kJ) / Chai Latte (910kJ) /
Green Tea Latte (908kJ) / Taro Latte (1020kJ) /
Red Velvet Latte (1020kJ)

BLENDED CHOCOLATE 10
White (3020kJ) / Milk (2957kJ) / Dark (2900kJ)

BLENDED MOCHA 10
White (2110kJ) / Milk (2100kJ) / Dark (2080kJ)

SPARKLING REFRESHER 7.5
Grapefruit (602kJ) / Lemon (790kJ) / Green Grape (502kJ)

KOMBUCHA & ORGANIC ICED TEA | 350ML 7

RUBY KOMBUCHA
Grapefruit and hibiscus (105kJ)

ZEST KOMBUCHA
Lemon and chrysanthemum (105kJ)

SUNNY MORNING
Ceylon Orange Pekoe Tea with fresh lemon juice & mint (428kJ)

HIBISCUS DAWN
Liquid Turkish delight (307kJ)

COLD PRESSED JUICE | 350ML 9

STRAIGHT OJ
Freshly pressed orange juice (420kJ)

CLEAN & GREEN
Apple, pear, spinach & kale (581kJ)

MELLOWBERRY
Watermelon & strawberry (466kJ)

FRUITY SMOOTHIE 9

AÇAÍ ^{DF}
Açaí, guarana, banana (1525kJ)

PASSION TANGO ^{DF}
Pineapple, passionfruit, banana & mango (1330kJ)

SUMMER SUNSET ^{DF}
Pineapple, mango, strawberry & kiwi (1290kJ)

WATERMELON CRUSH ^{DF}
Watermelon (589kJ)

PROTEIN SHAKE | WITH ALMOND OR OAT MILK 12

THE ENERGISER | 29G PROTEIN
Kiwi, spinach, avo, pineapple, coconut, banana, chia seed
Almond (1881kJ) / Oat (2069kJ)

BERRY BOOST | 32G PROTEIN
Açaí, guarana, banana, chia seed
Almond (2322kJ) / Oat (2510kJ)

F45 SPECIAL | 30G PROTEIN
Cherries, chocolate, desiccated coconut, date, almond milk
Almond milk only (1565kJ)

MILKSHAKE 7.5
Chocolate (1690kJ) / Vanilla (1540kJ) / Salted Caramel (1470kJ)
/ Strawberry (1550kJ) / or Banana (1290kJ)

WHEY Protein (502kJ) +2.5 / Make it a THICKSHAKE (1290kJ) +2.5

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