

ALL DAY MEALS

House made Sourdough.....9.00

Choice of Toast - Plain/Mix Grain/Gluten Free + \$2 / **Fig + Raisin** w/ Butter, Peanut Butter +1, House made Jam +1, Honey +1

Mighty Breakfast (GF*, DF*).....34.00

Sourdough, Smoked Bacon, Free Range Eggs, Grilled Chorizo, Avocado, Halloumi, Hash Brown, Greens, Garlic Thyme Mushroom, Warmed Tomato

Breakfast Burger (V*, VG*, GF*).....20.00

Smoked Bacon, Fried Eggs, Grilled Halloumi, Avocado, Mixed Leaf Lettuce, Sliced Cheese, Beetroot Relish, Homemade Aioli

Vegan O - Mixed Leaf Lettuce, Beetroot Relish, House made Tomato Relish, Seasoned Scramble Tofu, Sliced Tomato, Avocado

Granola Bowl (V, VG, GF, DF).....22.00

Berry Yoghurt, House made Vegan & Gluten Free Granola, Loaded with Seasonal Fruits, Poached Pear & Almond/Soy Milk

Chia Spiced Oat Porridge.....20.00 (VG, V, DF)

With Poached Pears, Seed & Nut Mix

Avo w/ Tomato or Mushroom.....20.00 (V* VG*, GF*, DF*)

Warmed Tomatoes or Garlic Thyme Mushroom, Sliced Avocado, Danish Feta, Zucchini Ribbons + Snow Pea Tendrils w/ Basil Oil, Dukkah on Sourdough Toast. Add Poached Egg +\$3

Vegan O - Seasoned Scrambled Mixed Herb Tofu

Vegan Buckwheat Waffle.....22.00 (V, VG, GF, DF)

House made Waffle, Date Sauce, Macadamia Crumble, Seasonal Fruits, Vegan & Gluten Free Ice Cream

French Toast (GF*).....22.00

Brioche, Caramelized Banana, Mixed Berries, Strawberries, Maple Syrup, Berry Jelly, Icing Sugar, Mascarpone w.Nutty Crumble & Ice Cream

Green Eggs with Beans.....20.00 (V*, VG*, DF*, GF*)

Scrambled Herb Eggs, Smokey Beans w/ Sourdough. Add Smokey Meat +\$3

Vegan O - Mixed Herb Scrambled Tofu w/ Vegan Beans

Eggs Benedict (V*, VG*, DF*, GF*).....22.00

Sourdough, Spinach, Poached Eggs, Hollandaise, Sliced Avocado. Served with Bacon / Leg Ham / Mushroom / Pulled Lamb +2 / Smoked Salmon +2 / Pulled Beef +2

Vegan O - Mushroom, Pumpkin Mixed

Seasoned Tofu, House made Gravy, Sliced Avocado

Burrito Bowl (V*, VG*, GF, DF).....24.00

Chicken - Chicken Chipotle Hummus, Spinach, Brown Rice, Salsa, Taco Pickle, Avocado

Vegan O - Chipotle Spiced Beans, Mushroom, Cauliflower, Hummus, Spinach, Brown Rice, Salsa, Taco Pickle, Avocado

Grilled Lime Fish (GF, DF).....26.00

Barramundi/Salmon. Garden Salad, Baby Carrots, Hummus, Broccoli and Potato Wedges

Risotto.....20.00

Choose from - Ratatouille (Red Capsicum, Zucchini, Eggplant)/ Chili Chicken & Mushroom / Spicy Prawns

Linguine.....22.00

Choose from - Ratatouille (Red Capsicum, Zucchini, Eggplant) / Spicy Prawn / Creamy Chicken Pesto / Provençal Beef

Braised Beef Cheek (DF, GF).....28.00

Slow Cooked Fresh Beef Cheek w. Risotto, Gravy, baby carrots, Grilled Broccoli

SALADS

Green Nourish Bowl.....20.00 (V* VG*, GF*, DF*)

Grilled Zucchini, Cauliflower, Broad Beans, Kale, Asparagus, Semi Dried +Capsicum Pesto, Pepitas, Poached Egg, Chili Salt

Vegan O - Seasoned Scrambled Tofu +2

Japanese Salad (V, VG, GF, DF).....22.00

Miso Coated Eggplant + Sweet Potato, Spinach, Brown Rice, Red Cabbage, Grilled Broccoli, Miso, Tahini, Pickled Ginger, Nori + Nigella Seeds

Chermoula Lamb (GF, DF).....28.00

Pulled Lamb in Chermoula Spices, Pumpkin, Quinoa, Cherry Tomato, Hummus, Pine nuts + Currants

Super Salad (V, VG, GF, DF).....22.00

Quinoa, Brown Rice, Alfalfa, Avocado, Kale, Spinach, Carrot, Seed Nut Mix, Beetroot, Apple, Turmeric Cauliflower, Goji Berries

Nutritional Bowl (V, VG, GF, DF).....22.00

Turmeric Cauliflower, Red Chili, Spanish Onion, Quinoa Delight Asparagus, Kale, Spinach Grilled Chicken Tahini, Currants, Seed Nut Mix

BURGERS

Serves with House Baked Potato Slices

Beef (GF*).....22.00

House made Brisket Patty, Beetroot Relish, Tomato, Cheese, House made Aioli, Mixed Leaf Lettuce

Chicken (GF*).....22.00

Morocco Spiced Chicken, Avocado, Tomato, Mixed Leaf Lettuce, Sliced Cheese & House Made Aioli

Vegan (V, VG, GF*, DF*).....22.00

Oven Baked Vegan Pattie, Tomato, Avocado, Mixed Leaf Lettuce, House Made Aioli

Halloumi Burger (GF*, V).....22.00

Grilled Halloumi, Spiced Mushroom, Avocado, Sliced Tomato, House Made Aioli, Mixed Leaf Lettuce, Beetroot Relish

BITE SIZE MEALS

Nachos (V* VG*, GF*, DF*).....18.00

Smashed Avocado, Salsa + Beans w/ House Sauce, Jalapeños, Sour Cream. Mexican Cheese Add Braised Beef / Grilled Chicken +\$5

Avocado Twist (V*, VG*, GF*, DF).....17.00

Chilli, Diced Avocado, Lime Salsa, Parsley, Diced Bacon, Danish Feta on Sourdough. Add Poached Egg +\$3

Smashed Avo & Feta (V*, GF*).....15.00

Smashed Avocado, Danish Feta, Poached Egg & Lemon on Sourdough

Brekky Roll (GF*).....15.00

Double Bacon, Double Egg, Cheese, House made Tomato Relish

Sliced Season Potato.....10.00 (V, VG, GF, DF)

House Made Baked Potato w. Herbs & Spices w. Gravy

Loaded Potato (GF).....15.00

House made baked potato wedge loaded with Mexican Cheese, Bacon & Gravy

KIDS MENU

Buckwheat Waffle (V, VG, DF, GF).....14.00

House made Waffle, Date Sauce & Ice Cream

French Toast (DF*, GF*).....12.00

Brioche, Caramel Drizzle, Strawberry, Ice Cream

Croissant.....7.00

Plain Croissant w. Jam / Ham & Cheese +\$2 / HCT +\$3

Jacked Up Banana Bread.....15.00 (V*, VG*, GF*, DF*)

Banana Bread, Ice Cream, Macadamia Crumble, Choc Sauce, Fresh Banana & Strawberry

ADD ONS

Grilled Chicken / Grilled Salmon / Smoked Salmon.....\$9.00

Smoked Bacon.....\$6.00

Grilled Halloumi / Seasoned Warmed Tomatoes / Garlic Thyme Mushroom.....\$6.00

Avocado / Spinach + Kale / Scrambled Tofu / Housemade Gravy.....\$5.00

2 Free Range Eggs (Poached/Scramble +1/Fried).....\$5.00

Grilled Chorizo.....\$5.00

Hash Brown / Danish Feta.....\$3.00