



**CLASSIC BREAKFAST**

**FREE RANGE EGGS YOUR WAY | 11.00**

Poached, fried or scrambled on toast

**BIG BREAKFAST | 19.00**

Egg your way on sourdough, roasted mushrooms, bacon, spinach, hash brown & grilled tomatoes

**OMELETTE | 16.50**

- Ham, cheese, cherry tomato
- Mushroom, spinach, pesto & cheese

**GREEN & MARINE | 18.50**

Poach eggs, smashed avocado, smoked salmon on multigrain

**EGG BENEDICT**

Poached eggs on English muffin with homemade hollandaise sauce

- Bacon | 16.50
- Ham | 15.50
- Smoked Salmon | 18.50

**SMASHED AVO | 15.00**

Smashed avocado served on multigrain toasts, marinated feta cheese, super grains, cherry tomato, mixed salads  
Add One Poach Egg —2.00

**CHILLI SCRAMBLE | 17.00**

Scrambled eggs with chorizo, fresh tomato, spring onion, lemon on sourdough

**RICCOTTA PANCAKE or WAFFLE**

- Maple syrup, berries, vanilla ice cream, chocolate sprinkles, fairy floss | 15.50
- Rhubarb apple compote, mascarpone cheese, mixed berries & toasted pistachio with maple syrup | 17.00

**HUEVOS RANCHEROS | 18.50**

Eggs cooked in spicy, chunky tomato sauce, avocado, source cream & corn tortilla

**HEALTHY BREAKFAST**

**BIRCHER MUESLI | 14.00**

With fig, apple & rhubarb compote, natural yogurt and pistachio toasted almond flakes

**VANILLA & HONEY PORRIDGE | 13.50**

With rhubarb puree, candied oats, fresh blueberries, and natural yogurt

**MUESLI | 13.00**

House-roasted oats with dried fruit, natural yogurt and rhubarb compote.

**ACAI SUPERFOOD SMOOTHIE BOWL | 14.00**

Mixed berry, banana, pineapple, honey, yogurt, granola, coconut, almond, chia seeds, goji berry, oats, acai superfood powder

**TOASTS**

White, Multi-grain or Turkish bread | 6.00

Fruit Toast | 7.00

Gluten Free Toast | 7.00

Served with a choice of Jam | Peanut Butter | Vegemite or Honey

**SALADS**

**SUPER FOOD SALAD | 13.50**

Kale, quinoa, cherry tomato, super-grains, goji berries, cranberries, coconut

Add Chicken—4.50 | Add Smoked Salmon—6.00

**LUNCH**

**CALAMARI | 18.50**

Grilled lemon pepper calamari, aioli sauce served with chips & salads

**BEEF BURGER | 18.00**

150g beef patty with fresh tomato, lettuce, coleslaw, caramelized onion, pickles, cheese, relish, Served with steak chip

**SOUTHERN FRIED CHICKEN BURGER | 18.00**

Buttermilk crumbed chicken fillet, coleslaw, lettuce, tomato & cheese, aioli served with steak chip

**PASTA | 16.00**

Spinach & ricotta tortellini

Add Chicken—4.50

**RISOTTO | 17.00**

Risotto with chicken, bacon, mushroom & creamy pesto

**CURRY | 16.00**

Ask our staff for what's curry this week

**SOUP | 12.50**

Ask our staff for what's curry this week

**PIDES & WRAPS**

**PIDES OF THE WEEK** (check display fridge)

**EGG & BACON (ROLL) | 11.00**

**HAM CHEESE & TOMATO | 9.50**

**SALAMI, CHEESE, SPINACH & TOMATO | 11.00**

**BACON, LETTUCE, TOMATO, AIOLI (BLT) | 11.00**

**CHICKEN, AVO, SPINACH, AIOLI | 12.00**

**VEGIE PIDES (VEG) | 11.00**

**WRAP OF THE WEEK** (check display fridge)

**SWEET CHILLI CHICKEN WRAP | 10.50**

**FALAFEL WRAP (VEG) | 10.00**

**EXTRA**

**Homemade Hollandaise sauce | 2.00**

**Homemade Baked Beans | 4.00**

**Grilled Tomato | Mushrooms | Spinach | 3.00**

**Avocado | Bacon | Chorizo | Chicken | 4.50**

**Smoked Salmon | 6.00**

**Hash brown | 1.50**

## COFFEE

REGULAR | 4.00 LARGE | 5.00

LATTE | CAPPUCCINO | FLAT WHITE | PICCOLO  
 MOCHA | DOUBLE ESPRESSO (SINGLE ORIGIN)  
 LONG BLACK | SHORT BLACK | MACCHIATO  
 MATCHA | TURMERIC

HOT CHOCOLATE 5.00  
 CHAI LATTE 5.00  
 MANGO | BANANA CHAI 5.00  
 BABYCCINO 2.00

### EXTRAS | 0.50

Soy, Almond, Lactose free, Oat Milk, Coconut milk,  
 Flavoured Syrup (Vanilla, Hazelnut & Caramel),  
 Extra Shot of coffee


## COLD DRINK | SOFT DRINK

ICED (COFFEE | CHAI) 5.00  
 LEMON LIME BITTER 6.00  
 ICED CHOCOLATE 6.00  
 COCA COLA | ZERO | DIET 4.50  
 BUNDABERG LEMONADE 4.50  
 KOMBUCHA STRAWBERRY 5.50  
 KOMBUCHA PASSIONFRUIT 5.50  
 KOMBUCHA GINGER 5.50

## TEA | WATER

BREAKFAST BLEND | EARL GREY 4.00  
 CHAMOMILE | PEPPERMINT 4.00  
 GREEN TEA | CHAI TEA 4.00  
 LEMON GRASS & GINGER 4.00  
 MINERAL WATER 5.00

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## HOUSE-BAKED

MUFFIN (bake everyday) | 4.50  
 CROISSANT (bake everyday) | 4.50  
 CROISSANT WITH JAM | 5.50  
 CROISSANT WITH HAM & CHEESE | 7.50  
 BANANA BREADS | 5.50  
 BAKED CHEESE CAKE | 5.50  
 FLOURLESS CARROT CAKE | 5.50  
 FLOURLESS CHOCOLATE BROWNIE | 5.50

FRESH FRUITS SALAD | 8.00

(come & see display fridge for more cake options)

## JUICES

### FRESH SQUEEZED ORANGE JUICES

REGULAR (285 ml) | 6.00 LARGE (425 ml) | 8.00

NOAH'S JUICES (100% NATURAL) 5.00

- Apple Juice
- Apple, Nectarine, Coconut Water, Pineapple & Lime
- Apple, Peach, Kiwi, Mango & Lime
- Apple, Guava, Blackcurrant, Strawberry, Blueberry
- Veggie Juice— Apple, Carrot, Ginger
- Veggie Juice— Apple, Carrot, Ginger, Beetroot, Orange

## SMOOTHIE

GREEN GOODNESS 9.50

Apple, spinach, celery, cucumber, mint, honey & coconut water

MANGO MADNESS 9.50

Mango, passionfruit, banana, orange, coconut milk, with milk & honey

## MILKSHAKES

CRAZY CHOCOHOLIC 8.50

CLASSIC COOKIE & CREAM 8.50

## BEER | WINE

CORONA | HEINEKEN 7.00

CALTON DRAUGHT | CASCADE LIGHT 7.00

SHIRAZ 7.00

CHARDONNAY | SAUVIGNON BLANC 7.00