

ORGANIC TOAST **GFO, V 6.5**

Sourdough or Multigrain with butter, jam, vegemite, peanut butter or honey

ORGANIC FRUIT TOAST **V 7.5**

with butter

GRANOLA **GF, V 15.9**

with seasonal fruits and coconut yogurt

EGGS YOUR WAY **GFO, V 10.0**

Poached, scrambled or fried eggs on toast
+ add your extras

AVO SMASH **GFO, VEO 17.5**

with mushroom, feta, poached egg and dukkah served on sourdough

CHOCOLATE WAFFLES **V 16.5**

with chocolate soil, chocolate sauce, fresh berries and vanilla ice cream

CITRUS HOTCAKES **GF, V 17.5**

with lemon curd, berry coulis, seasonal fruit and vanilla ice cream

SHAKSHUKA **GF, V 16.5**

Middle eastern style egg baked in homemade tomato based sauce with feta, served with a side of sourdough

*Please allow 10-15 minutes

+ Chorizo \$5

EXTRACTED BENEDICT **19.5**

Panko coated eggs, bacon and sriracha hollandaise served on roti bread

NOURISH BOWL **V, VE 16.9**

Quinoa, falafel, broccoli, spinach, slaw, avocado, poached egg and sriracha mayo
+ Salmon \$5.5

BIG BREKKIE **GFO 19.9**

Eggs your way on sourdough with bacon, spinach, mushroom, tomato, chorizo and duck fat potatoes

GRILLED VEGGIE OMELETTE **V 16.5**

with grilled veggies, mushroom, spinach, onion and feta on sourdough

TOFU CHILLI SCRAMBLE **V, VE 17.5**

Cherry tomatoes, mushrooms, avocado, sautéed spinach and sriracha mayo served on sourdough

CAJUN CHICKEN BURGER **GFO 17.5**

with cos lettuce, avocado, dijonaise and tomato served with chips

PAN FRIED BARRAMUNDI **GF 19.5**

with broccoli and quinoa salad tossed in our extracted dressing

CORN FRITTERS **GF, V 16.5**

topped with avocado, tomato salsa and balsamic glaze
+ Salmon \$5.5

WAGYU BEEF BURGER **GFO 18.9**

with cheese, bacon, tomato, cos lettuce, chilli jam and dijonaise with chips

VEGAN PULLED PORK **GFO, V, VE 18.9**

BBQ pulled jackfruit, slaw and sriracha mayo served on a roll with chips

BOWL OF CHIPS **GF 8.0**
JUNIORS (UNDER 12)

+ Eggs on toast **7.5**

+ Waffles, ice cream, choc syrup & sprinkles **9.9**

+ Cheese burger with chips **12.0**

+ Kids Milkshake / Juice **5.5**

EXTRAS

+ Gluten Free Bread **1.5**

+ Egg **2.5**

+ Hashbrown / Tomato / Sautéed Spinach **3.0**

+ Avocado / Feta / Mushrooms **4.0**

+ Bacon / Chorizo / Chips **4.5**

+ Smoked Salmon / Duck Fat Potatoes **5.5**

COFFEE

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| Espresso | 3.5 |
| Piccolo / Long Black / Double Espresso | 4.0 |
| Caffe Latte / Cappuccino / Flat White | 4.0 |
| Mocha / Hot Chocolate / Chai Powder | 4.0 |
| Babychino with Marshmallow | 1.5 |

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| Large / Extra Shot / Decaf | +5.0 |
| Bonsoy - Soy Milk | |
| Califia Farms - Oat Milk | |
| Milk Lab - Almond / Coconut / Lactose Free | |

LATTE BLENDS 5.0**MATCHA**

Japanese Matcha green tea

TURMERIC

Refreshing blend of mixed spices

RED VELVET

Classic red cocoa

SAKURA

Lightly floral and fruity Cherry Blossom

BUTTERFLY BLUE

White tea & butterfly pea flowers

TEA

By Larsen & Thomson

ENGLISH BREAKFAST

A blend of whole leaf Assam

EARL GREY

Assam blend flavoured with bergamont

LEMONGRASS & GINGER

Organic herbal infusion

PEPPERMINT

Whole Leaf peppermint tea from Poland

SHINCHA GREEN TEA

Organic and locally grown in Victoria

YUNNAN OOLONG

Hints of caramel and a woody fragrance

LATTE OR TEA

By Prana Chai

A sticky whole leaf masala blend made with a combination of whole spices and honey, not too spicy, not too sweet.

*We recommend soy or oat milk in the latte

ICED DRINKS

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| Iced Long Black | 5.0 |
| Iced Latte | 6.0 |
| Iced Coffee / Iced Choc / Iced Mocha | 6.5 |

FRESHLY SQUEEZED JUICES**PINK CRUSH** 8.5

Watermelon, Lemon, Mint, Cucumber

COLD DEFENCE 8.5

Orange, Carrot, Ginger, Lemon, Apple

FRESH ORANGE JUICE 7.5**MILKSHAKES** 6.5

Chocolate / Caramel / Strawberry / Vanilla

SMOOTHIES**MANGO PASSION** 8.5

Mango, Passion Fruit, Banana, Lemon, Ginger, Coconut Milk

BERRY BLAST 8.5

Mixed Berries, Banana, Lemon, Dates, Chia Seeds, Coconut Milk