food menu.

8.5

breakfast - all day

toast

sourdough or seeded with butter & raspberry jam / peanut butter / vegemite / honey (v) (gfo*)	
fruit toast fig, apricot and raisin sourdough with butter (v) (ve	9 o)
eggs on toast free range eggs on buttered sourdough poached / scrambled / fried (v) (gfo*)	13.5
summer bircher Apple and cranberry soaked oats with passionfruit coconut yogurt topped with strawberries, kiwi and macadamia nuts (ve)	
breakfast board smashed avo, feta, dukkah and a poached egg on seeded sourdough, and a pot of bircher muesli topped with passionfruit coyo, strawberries, kiwi and macadamia nuts (v) (veo)	21
super salad kale, quinoa, cauliflower, toasted nuts and seeds, shaved parmesan, chilli, poached eggs, pumpkin hummus and pomegranate dressing (v) (veo) (gf*)	22
smashed avo smashed avo on seeded sourdough with pickled tomatoes, fior di latte, pumpkin hummus, a poache egg, with almond and quinoa dukkah (v) (veo) (gfo*	
chilli & herb eggs	21.5

potato rosti potato rosti with pulled pork, poached eggs, asparagus, apple sauce and bacon salt with sourdough (gfo*)	25
mr benedict pulled beef, fennel and cabbage slaw, hollandaise, crispy kale, sourdough and poached eggs (gfo*)	26
fried chicken waffle crispy fried chicken, ranch slaw, syrup and cucumber pickle	24
zucchini fritters zucchini and ricotta fritters with hazelnut pesto, smashed peas, kasundi and poached eggs (v) (gf*)	22
sautéed mushrooms mushrooms, baby spinach and cheddar on sourdough, with jalapeño pesto, poached eggs, and porcini salt (v) (gfo*)	22
extras gluten free toast/ 3.5 add toast /3.5 add béarnaise or egg /4 add kale and spinach or feta /5 add avocado, bacon or roasted tomato /6 add sauteed mushrooms or halloumi /6 add poached chicken, smoked salmon or rosti /7	

lunch

soba noodle salad seasonal greens, miso and sesame dressing and	22
crispy shallots add chicken	6
chicken caesar salad poached chicken, cos leaves, parmesan, anchov bacon, crispy croutons and caesar dressing	25 vies,
ragu slow cooked beef ragu served with pappardelle and parmesan	29
crispy chicken burger crumbed chicken, ranch slaw, pickled cucumbe sriracha mayo with fries and aioli	27 r,
chips with aioli or tomato sauce	11
toasties	
htc	14

shaved ham, cheddar, mozzarella and tomato relish chicken toastie

with celery, apple, aioli, mustard and lettuce (gfo*)

beef toastie
pulled beef, slaw and seeded mustard aioli

bacon and egg toastie bacon and egg, cheddar and HP sauce

chilli and herb folded eggs, pickled tomatoes, parmesan and crispy shallot on sourdough (v) (gfo*)

14

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drinks menu.

5.5

+ 2

coffee

coffee	4.5
oatch brew	5.5
ced latte	5.5

not coffee

matcha latte

+ coconut milk

turmeric latte	5.5
chai latte	5.5
hot chocolate	5.5
iced chocolate	5.5
+ bonsoy / lactose free milk / oat milk	+ 0.8
+ almond milk	+ 1.2

tea

english breakfast / green tea /	
peppermint / chai / earl grey /	
lemongrass & ginger	4.
immunity boost	4.
lemon, ginger & honey in a teapot	
lemon zest	4.

soft drink

fresh lemon in a teapot

coke / coke zero / lemonade	5.5
sparkling water 500ml / 1000ml	6.5/10.5

smoothies

snickers cacao, peanut butter, banana, avocado, dates & coconut milk (ve)	12
berry blueberries, mango, banana, dates and coconut milk (ve)	12
mango mango, banana, vanilla, dates & coconut milk (ve)	12
+ protein / espresso	+2

kids milkshakes

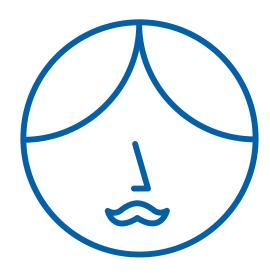
chocolate, vanilla	, strawberry or caramel	4.5
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juices

oj orange	7
refresher watermelon, strawberry & mint	7.5
immunity orange, carrot & ginger	7.5
green pineapple, spinach, apple, cucumber & lemon	7.5
detox beetroot, carrot, apple, lemon & ginger	7.5

cocktails

mimosa prosecco & fresh orange juice	12.5
espresso martini vodka, licor 43, kahlúa & espresso	20
aperol spritz aperol, sparkling & soda	17.5



wine

prosecco	10/52
white wine	11/53
rose	11/53

beer

8
8
9

ask staff for other beers available

^{1.2%} surcharge applies to all card transactions 5% surcharge applies on Sundays 18% surcharge applies on public holidays

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