

ALL DAY MENU

EGGS ON TOAST - \$12

Free range eggs cooked your way -
Fried, Poached or Scrambled on Organic Sourdough

AVOCADO ON SOURDOUGH TOAST - \$12

CHARRED BREKKY GREENS - \$20 (gf)

Broccoli, sugar snap peas, kale, brussels sprouts, roasted
beetroot hummus, two poached eggs, seven seed crackers

ROASTED PUMPKIN HOMO MUS - \$16

Field mushroom, broccoli, feta, rocket, walnuts, poached
egg on toasted wholemeal organic sourdough

VEGAN SCRAMBLE - \$17

Roasted garlic and turmeric scrambled tofu, spring onion
and roasted peppers on toasted organic sourdough with
avocado

BLUEBERRY BIRCHER - \$14

Oats, blueberries, pepitas and sunflower seeds soaked in
green apple juice and coconut yogurt topped with
crunchy apple and cinnamon

GINGERBREAD HOTCAKE - \$19 (gf)

Poached pear, vanilla ice-cream, pure maple, pecans

SKILLET OMLETTE - \$17

3 eggs, field mushroom, haloumi, spinach, tomato relish,
organic sourdough toast
Add Bacon - \$4 | Smoked Salmon - \$6

THE BENNIES - \$20 (gf)

Two poached eggs with chipotle hollandaise on crispy
potato rosti and spinach, with your choice of pulled beef,
bacon or smoked salmon

SWEET POTATO AND CORN FRITTERS - \$16

Tomato relish, greens, cherry tomato, feta, avocado, basil
pesto
Add Bacon - \$4 | Smoked Salmon - \$6

THE BEST BEEF SANDWICH - \$15

Pulled beef, caramelised onion jam, juicy tomato, greens,
melted cheese, seeded mustard on organic sourdough

FISH SANDY - \$15

Crumbed whiting, crunchy slaw, aioli on panini

BOWL OF CHIPS - LARGE \$8 SMALL \$5

with a choice of herb salt, plain salt or salt and vinegar

KIDS MENU

ONE RASHER BACON, FRIED EGG ON TOAST - \$9

HAM CHEESE TOASTY - \$7

FISH AND CHIPS - \$9

GINGERBREAD PANCAKES WITH VANILLA ICE-CREAM AND MAPLE SYRUP - \$9

EXTRAS

Pulled Beef, Smoked Salmon - \$6
Bacon, Haloumi, Rösti - \$4
Avocado, Mushrooms - \$4
Feta, Chipotle Hollandaise - \$3
Eggs - \$3

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OPEN EVERY DAY 6AM - 3PM
KITCHEN OPEN 7AM - 2PM

DRINKS

BREWS

BLACK - SM \$3.7 LGE \$4

Espresso / Long Black / Short or Long Macchiato

WHITE - SM \$4.5 LGE \$5

Flat white / Latte / Cappuccino / Mocha / Chai Latte Hot
Chocolate

Piccolo \$3.70 Babycino \$2

Turmeric Latte | Beetroot Latte - SM \$5 LGE \$5.50

COLD

ICED COFFEE / ICED MOCHA - \$6.50

ICED LATTE / ICED CHAI LATTE - \$5

ICED LONG BLACK - \$4

ICED LONG BLACK on COCONUT WATER \$5.5

TEA - \$4.5

English Breakfast / Earl Grey / Green Sencha / Green
Jasmine / Peppermint / Lemongrass Ginger / Forrest
Berry / Chai

STICKY CHAI - \$5.5

SMOOTHIES - \$8.5

GOLDILOCKS (V)

Banana, cinnamon, Turmeric and Maple Elixir, coconut milk

GREEN KEEPER (V)

Spinach, green apple, avocado, coconut water

STRAWBERRY FIELDS

Strawberry, Greek yogurt, honey, milk

PEANUT BUTTER PROTEIN SMOOTHIE (V)

Banana, dates, cacao, pea protein powder, coconut milk

MILKSHAKES - \$6.5 KIDS SIZE - \$4

Chocolate / Strawberry / Vanilla / Caramel

EXTRAS - \$0.50

Bonsoy, Milklab Almond, Coconut,
Lactose Free,

Extra Coffee shot

Syrups: Caramel, Vanilla, Hazelnut

