



PLEASE ORDER AT THE COUNTER

TOAST WITH BUTTER AND CONDIMENTS Sourdough (856kj), Quinoa Soy Linseed (1419kj)	6	SMOKED SALMON Vegetable fritter, smash poached eggs, pomegra	ed av	o, sweet corn salsa,	
Fruit Loaf (944kj),	7	(3020kj)			
Gluten Free (856kj)		Make it a bacon benny!	swap	the salmon for bacon	18
with strawberry jam (+150kj) / peanut butter (+273kj) / vegemite (+35kj) (add extra condiment +0.5)			om ton	nato, kipfler potato, raisir	٦,
TOASTIES		coriander, grilled hallou Spanish onion, poached		•	18
Cheese & Tomato (1830kj)	7	Spanish offion, poached	regg o	mrosne bread (2420kf)	10
Ham & Cheese (2010kj)	9	ALL TUNICS SPEE	\	f	
Ham, Cheese & Tomato (2060kj) Chicken & Avo (3110kj)	10 12	ALL THINGS GREEN V gfor Crispy brown rice, poached egg, avocado, edamame, broccolini, broccoli, furikake, sautéed kale with kombu sauce (2430kj) 18			
EGGS AS YOU LIKE		add grilled chicken (+71		5	18
Poached (1540kj) / Scrambled (2000kj) / Fried (2090kj)		ddd griffed chicken (+7 1	(OK) T	3	
on sourdough toast (see extras)	10	LEAEDDEKKIE V			
BREKKIE WRAP		LEAF BREKKIE V 2 poached eggs, grilled halloumi, hash browns, sautéed kale, smashed avo, mushrooms, roasted tomato			
Bacon, scrambled eggs and hash brown,		with toasted sourdough			20
baby wild rocket, tomato relish, hollandaise sauce		wiiii ioasiea sooraoogii	(3700)	\ [)	20
in spinach wrap (3370kj)	13	DIC DDE AVEACT			
add cheese (+276kj) +1 / avo (+994kj) +2		BIG BREAKFAST			
		Two eggs your way, chor smashed avo, mushroon			
HOUSE BAKED GRANOLA BOWL V		with toasted sourdough			22
Açaí berry compote, yogurt, seasonal berries,		wiiii ioasiea sooraoogii	(+++0	K[)	22
chia seeds, toasted coconut (3210kj)	16	EDENICITOACT V			
add extra berries (+72kj) +4		FRENCH TOAST V Espresso, whipped matcha ricotta, black sesame r salted pistachios, seasonal berries (3180kj)			
OMELETTE gfor		· · · · · · · · · · · · · · · · · · ·		The state of the s	18
Served with rustic bread		add extra ice cream (+64	13K) +3)	
Mushroom, spinach and fetta v (1840kj)	16				
Classic ham, cheddar cheese and cherry tomato (2280kj)	17	PANCAKE V			
Smoked salmon, corn, fetta and chives (<i>3150kj</i>)	17	Seasonal berries, vanilla ice-cream, mixed caramelised nuts, toasted coconut, whipped vanilla ricotta and genuine maple syrup (3980kj)			
SMASHED AVO DELIGHT V Smashed avo, finger lime, heirloom cherry tomato salsa	,	add extra ice cream $(+645kj)$ +3		10	
green balsamic, poached egg, grilled halloumi cheese,	10				
with toasted sourdough(4160kj) add extra egg (+345kj) +2	18				
		EXTRAS			
BREAKFAST GNOCCHI House made potato gnocchi, roasted tomato, chorizo, shallot, chilli, parmesan snow, poached egg,		Poached Egg (345kj), Hash-Brown (553kj), Roasted Tomato (86kj),	2	Grilled Halloumi (722kj), Grilled Bacon (1310kj), Smoked Salmon (561kj),	4
crispy potato skin (3590kj)	19	Ice Cream (645kj)	3	Grilled Chicken (718kj)	5
MUSHROOMS ON TOAST V Shimeji, king brown & oyster mushrooms, spring onion,		Sautéed Kale (67kj), Mushrooms (160kj),	4	Potato Chips with aioli (2560kj)	5
miso, smashed edamame, tempura enoki, poached egg chilli, furikake, toasted rustic bread (2100kj)	, 18	Avocado (994kj), Chorizo (784kj)		Sweet Potato Chips with aioli (1970kj)	7



SALADS

ROASTED PUMPKIN SALAD V

Roasted pumpkin, baby wild rocket, pepita seeds, pomegranate, Spanish onion, sundried tomato, toasted pine nut, pesto dressing (1680kj)

add avo (994kj) +4 add grilled chicken (718kj) +5 add grilled halloumi (722kj)+5 add smoked salmon (561kj)+5

VEGAN BOWL V gf

House baked corn falafel, pistachio nutty hummus, pickled daikon, roasted pumpkin, edamame, roasted broccoli, tahini dressing (3470kj)

SMOKED SALMON & QUINOA SALAD

Avocado, baby spinach, rocket, tomato, onion, orange, smoked salmon, cucumber, fried capers, honey mustard dressing (1630kj)

19

MAINS

16

18

CHICKEN KATSU (SCHNITZEL)

250g panko crumbed chicken breast, cabbage slaw, chips and creamy mushroom sauce (4810kj)

18

19

10

KARAAGE CHICKEN WAFFLE

Waffle, cabbage slaw, bacon, fried egg, soft herbs, sriracha mayo, crushed berry, chilli infused maple (4670kj)

WAGYU BEEF BURGER

Baby wild rocket, tomato relish, bacon, cheddar cheese, chips, roasted garlic aioli (5940kj)

add extra waqyu patty (+2120kj) +5

BURGERS & SANDWICHES

CHEESE MELT

Served on rustic bread Mushroom & tomato $^{\mathbf{V}}$ (1560kj) 12 Ham & pineapple (1920kj) 13 Chicken & avocado (2580kj) 14

GRILLED CHICKEN PESTO WRAP

Grilled chicken, English cheddar, sundried tomato, baby wild rocket, grilled mushroom, smashed avo, pesto mayo in spinach wrap (3820kj)

PULLED CHICKEN SANDWICH

Poached chicken, avo, coleslaw, carrot, chives, aioli, milk loaf bread (3140kj) 14

B.R.A.T gfor

Bacon, baby wild rocket, smashed avo, tomato, house sweet chilli mayo on sourdough (3070kj) 14

STEAK SANDWICH

Grain-fed sirloin (150g), caramelised onions, baby wild rocket, beetroot relish, tomato, roasted garlic aioli, chips(4890kj)

KID'S MENU

Served with Kid's AJ (+420kj)

Kids' Ham & Cheese Toastie (1460kj) 10

Kids' Chicken Nuggets with chips, tomato sauce (2650kj)

Kids' Fish & Chips (2200kj) 10

Kids' Pikelets 10 with seasonal fruits and ice cream (2160kj)

PLEASE NOTIFY STAFF OF ANY FOOD ALLERGIES.