

# ALL DAY MENU



PLEASE ORDER AT THE COUNTER

## TOAST WITH BUTTER AND CONDIMENTS

- Sourdough (856kj), 6
- Quinoa Soy Linseed (1419kj)
- Fruit Loaf (944kj), 7
- Gluten Free (856kj)
- with strawberry jam (+150kj) / peanut butter (+273kj) / vegemite (+35kj) (add extra condiment +0.5)

## TOASTIES

- Cheese & Tomato (1830kj) 7
- Ham & Cheese (2010kj) 9
- Ham, Cheese & Tomato (2060kj) 10
- Chicken & Avo (3110kj) 12

## EGGS AS YOU LIKE 10

- Served on sourdough toast (see extras)
- Poached (1540kj).
- Scrambled (2000kj),
- Fried (2090kj)

## HOUSE BAKED GRANOLA BOWL v 16

- Açaí berry compote, yogurt, seasonal berries, chia seeds, toasted coconut (3210kj)
- add extra berries (+72kj) +4**

## BREKKIE WRAP 13

- Bacon, scrambled eggs and hash brown, baby wild rocket, tomato relish, hollandaise sauce in spinach wrap (3370kj)
- add cheese (+276kj) +1 / avo (+994kj) +2**

## SMASHED AVO DELIGHT v 18

- Smashed avo, finger lime, heirloom cherry tomato salsa, green balsamic, poached egg, grilled halloumi cheese, with toasted sourdough (4160kj)
- add extra egg (+345kj) +3**

## MUSHROOMS ON TOAST v 18

- Shimeji, king brown & oyster mushrooms, spring onion, miso, smashed edamame, tempura enoki, poached egg, chilli, furikake, toasted rustic bread (2100kj)

## SMOKED SALMON BENNY 18

- Vegetable fritter, smashed avo, sweet corn salsa, poached eggs, pomegranate, hollandaise, soft herbs (3020kj)
- Make it a bacon benny! swap the salmon for bacon**

## GRILLED HALLOUMI STACK v gfor 18

- Spiced eggplant, heirloom tomato, kipfler potato, raisin, coriander, grilled halloumi, sautéed spinach, harissa, Spanish onion, poached egg on rustic bread (2420kj)

## ALL THINGS GREEN v gfor 18

- Crispy brown rice, poached egg, avocado, edamame, broccolini, broccoli, furikake, sautéed kale with kombu sauce (2430kj)
- add grilled chicken (+718kj) +5**

## BREAKFAST GNOCCHI 19

- House made potato gnocchi, roasted tomato, chorizo, shallot, chilli, parmesan snow, poached egg, crispy potato skin (3590kj)

## LEAF BREKKIE v 22

- 2 poached eggs, grilled halloumi, hash browns, sautéed kale, smashed avo, mushrooms, roasted tomato with toasted sourdough (3760kj)

## BIG BREAKFAST 22

- Two eggs your way, chorizo, bacon, hash browns, smashed avo, mushrooms, roasted tomato with toasted sourdough (4440kj)

## PANCAKE v 18

- Seasonal berries, vanilla ice-cream, mixed caramelised nuts, toasted coconut, whipped vanilla ricotta and genuine maple syrup (3980kj)
- add extra ice cream (+645kj) +3**

## EXTRAS

- |                        |   |                           |   |
|------------------------|---|---------------------------|---|
| Poached Egg (345kj),   | 3 | Grilled Halloumi (722kj), | 5 |
| Hash-Brown (553kj),    |   | Grilled Bacon (1310kj),   |   |
| Roasted Tomato (86kj), |   | Smoked Salmon (561kj),    |   |
| Ice Cream (645kj)      |   | Grilled Chicken (718kj)   |   |
| Sautéed Kale (67kj),   | 4 | Potato Chips              | 5 |
| Mushrooms (160kj),     |   | with aioli (2560kj)       |   |
| Avocado (994kj),       |   | Sweet Potato Chips        | 7 |
| Chorizo (784kj)        |   | with aioli (1970kj)       |   |

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ

v Vegetarian option gf Gluten free gfor Gluten free on request



# MENU



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## SALADS

### ROASTED PUMPKIN SALAD <sup>v</sup>

Roasted pumpkin, baby wild rocket, pepita seeds, pomegranate, Spanish onion, sundried tomato, toasted pine nut, pesto dressing (1680kj) 16

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

### GRILLED HALLOUMI SALAD <sup>v</sup>

Grilled halloumi, cabbage, carrot, edamame, roasted pumpkin, mint, coriander, chilli, tahini dressing (2010kj) 18

### VEGAN BOWL <sup>v gf</sup>

House baked corn falafel, pistachio nutty hummus, pickled daikon, roasted pumpkin, edamame, roasted broccoli, tahini dressing (3470kj) 18

### SMOKED SALMON & QUINOA SALAD

Avocado, baby spinach, rocket, tomato, onion, orange, smoked salmon, cucumber, fried capers, honey mustard dressing (1630kj) 19

## BURGERS & SANDWICHES

### CHEESE MELT

Served on rustic bread  
Mushroom & tomato <sup>v</sup> (1560kj) 12  
Ham & pineapple (1920kj) 13  
Chicken & avocado (2580kj) 13

### GRILLED CHICKEN PESTO WRAP

Grilled chicken, English cheddar, sundried tomato, baby wild rocket, grilled mushroom, smashed avo, pesto mayo in spinach wrap (3820kj) 14

### B.R.A.T <sup>gfor</sup>

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

### VEGETARIAN SANDWICH <sup>v</sup>

Grilled halloumi, spiced eggplant, baby wild rocket, heirloom tomato, coriander, raisin, Spanish onion, sourdough (2790kj) 14

### CHICKEN KATSU SANDO

Panko crumbed chicken breast, cabbage slaw, Japanese BBQ sauce, kewpie, chives, milk loaf bread, chips (4810kj) 18

### WAGYU BEEF BURGER

Baby wild rocket, tomato relish, bacon, cheddar cheese, chips, roasted garlic aioli (5940kj) 19  
add extra wagyu patty (+2120kj) +5

## MAINS

### CHICKEN KATSU (SCHNITZEL)

250g panko crumbed chicken breast, cabbage slaw, chips and creamy mushroom sauce (4810kj) 18

### FISH & CHIPS

Crispy battered Hoki fillets, chips and tartare sauce (14000kj) 18

#### KID'S MENU

Served with Kid's AJ (+420kj)

Kid's Brekkie 10  
Scrambled egg, hash brown, with toast (1590kj)

Kids' Ham & Cheese Toastie (1460kj) 10

Kids' Chicken Nuggets 10  
with chips, tomato sauce (2650kj)

Kids' Fish & Chips (2200kj) 10

PLEASE NOTIFY STAFF OF ANY FOOD ALLERGIES.

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