

ALL DAY MENU



PLEASE ORDER AT THE COUNTER

TOAST WITH BUTTER AND CONDIMENTS

- Sourdough (856kj) 7
- Quinoa Soy Linseed (1419kj)
- Gluten Free (856kj) 8
- with strawberry jam (+150kj) / peanut butter (+273kj) / vegemite (+35kj) (add extra condiment +0.5)

EGGS AS YOU LIKE 13

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

TOASTIES

- Cheese & Tomato (1460kj) 8
- Ham & Cheese (1630kj) 10.5
- Ham, Cheese & Tomato (1680kj) 12
- Chicken & Avo (2740kj) 12

BREKKIE WRAP

- Bacon, scrambled eggs and hash brown, baby wild rocket, tomato relish, hollandaise sauce in spinach wrap (3370kj) 15
- add cheese (+276kj) +2 / avo (+994kj) +3**

HOUSE BAKED GRANOLA BOWL v

- Açaí berry compote, yogurt, seasonal berries, chia seeds, toasted coconut (3210kj) 16
- add extra berries (+72kj) +5**

OMELETTE gfor

- Served with sourdough
- Mushroom, spinach and fetta v (1820kj) 17
- Classic ham, cheddar cheese and cherry tomato (2270kj) 18
- Smoked salmon, corn, fetta and chives (3140kj) 19

SMASHED AVO DELIGHT v

- Smashed avo, finger lime, heirloom cherry tomato salsa, green balsamic, poached egg, grilled halloumi cheese, with toasted sourdough (4160kj) 18
- add extra egg (+345kj) +3**

LEAF BREKKIE v

- 2 poached eggs, grilled halloumi, hash browns, sautéed kale, smashed avo, mushrooms, roasted tomato with toasted sourdough (3760kj) 24

BIG BREAKFAST

- Two eggs your way, chorizo, bacon, hash browns, smashed avo, mushrooms, roasted tomato with toasted sourdough (4440kj) 24

BREAKFAST GNOCCHI

- House made potato gnocchi, roasted tomato, chorizo, shallot, chilli, parmesan snow, poached egg, crispy potato skin (3590kj) 20

MUSHROOMS ON TOAST v

- Shimeji, king brown & oyster mushrooms, spring onion, miso, smashed edamame, tempura enoki, poached egg, chilli, furikake, toasted sourdough (2090kj) 18

SMOKED SALMON BENNY

- Vegetable fritter, smashed avo, sweet corn salsa, poached eggs, pomegranate, hollandaise, soft herbs (3020kj)
- Make it a bacon benny! swap the salmon for bacon** 19

GRILLED HALLOUMI STACK v gfor

- Spiced eggplant, heirloom tomato, kipfler potato, raisin, coriander, grilled halloumi, sautéed spinach, harissa, Spanish onion, poached egg on sourdough (2420kj) 19

ALL THINGS GREEN v gfor

- Crispy brown rice, poached egg, avocado, edamame, broccolini, broccoli, furikake, sautéed kale with kombu sauce (2430kj) 19
- add grilled chicken (+718kj) +5**

FRENCH TOAST v

- Espresso, whipped matcha ricotta, black sesame maple, salted pistachios, seasonal berries (3180kj) 18
- add ice cream (+645kj) +3**

PANCAKE v

- Seasonal berries, vanilla ice-cream, mixed caramelised nuts, toasted coconut, whipped vanilla ricotta and genuine maple syrup (3980kj) 18
- add extra ice cream (+645kj) +3**

EXTRAS

- | | |
|------------------------|----------------------------|
| Poached Egg (345kj) 3 | Grilled Chicken (718kj), 5 |
| Hash-Brown (553kj), 4 | Grilled Bacon (1310kj), 6 |
| Roasted Tomato (86kj), | Grilled Halloumi (722kj), |
| Sautéed Kale (67kj), | Smoked Salmon (561kj) |
| Mushrooms (160kj), | |
| Avocado (994kj), | Potato Chips 6 |
| Chorizo (784kj), | with aioli (2560kj) |
| Ice Cream (645kj) | Sweet Potato Chips 7 |
| | with aioli (1970kj) |

v Vegetarian option gfor Gluten free gfor Gluten free on request

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ



MENU



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SALADS

ROASTED PUMPKIN SALAD ^v

Roasted pumpkin, baby wild rocket, pepita seeds, pomegranate, Spanish onion, sundried tomato, toasted pine nut, pesto dressing (1680kj) 18

add avo (994kj) **+4** **add grilled halloumi** (722kj) **+6**

add grilled chicken (2120kj) **+5** **add smoked salmon** (561kj) **+6**

GRILLED HALLOUMI SALAD ^v

Grilled halloumi, cabbage, carrot, edamame, roasted pumpkin, mint, coriander, chilli, tahini dressing (2010kj) 19

VEGAN BOWL ^v ^{gf}

House baked corn falafel, pistachio nutty hummus, pickled daikon, roasted pumpkin, edamame, roasted broccoli, tahini dressing (3470kj) 19

BURGERS & SANDWICHES

GRILLED CHICKEN PESTO WRAP

Grilled chicken, English cheddar, sundried tomato, baby wild rocket, grilled mushroom, smashed avo, pesto mayo in spinach wrap (3820kj) 15

B.R.A.T ^{gf}

Bacon, baby wild rocket, smashed avo, tomato, house sweet chilli mayo on rustic white (3070kj) 15

VEGETARIAN SANDWICH ^v

Grilled halloumi, spiced eggplant, baby wild rocket, heirloom tomato, coriander, raisin, Spanish onion on rustic white (2790kj) 15

CHICKEN KATSU SANDO

Panko crumbed chicken breast, cabbage slaw, Japanese BBQ sauce, kewpie, chives, brioche, chips (4950kj) 20

WAGYU BEEF BURGER

Baby wild rocket, tomato relish, bacon, cheddar cheese, chips, roasted garlic aioli (6950kj) 20
add extra wagyu patty (+2120kj) **+5**

MAINS

CHICKEN KATSU (SCHNITZEL)

250g panko crumbed chicken breast, cabbage slaw, chips and creamy mushroom sauce (4810kj) 20

KARAAGE CHICKEN WAFFLE

Waffle, cabbage slaw, bacon, fried egg, soft herbs, sriracha mayo, crushed berry, chilli infused maple (4670kj) 19

GRILLED SALMON ^{gf}

Smashed edamame, grilled broccolini, charred lemon, ponzu beurre blanc (2720kj) 21

KID'S MENU

Served with Kid's AJ (+420kj)

Kid's Brekkie 10

Scrambled egg, hash brown, with toast (1590kj)

Kids' Chicken Nuggets 10

with chips, tomato sauce (2650kj)

Kids' Ham & Cheese Toastie (1460kj) 11

Kid's Waffle 12

with ice cream, chocolate sauce, strawberries (2780kj)

PLEASE NOTIFY STAFF OF ANY FOOD ALLERGIES.

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