

**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)

**EGGS AS YOU LIKE 10**

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

**OMELETTE <sup>gfor</sup>**

- Served with rustic bread
- Mushroom, spinach and fetta <sup>v</sup>(1840kj) 16
- Classic ham, cheddar cheese and cherry tomato (2280kj) 17
- Smoked salmon, corn, fetta and chives (3150kj) 17

**BREKKIE WRAP**

- Bacon, scrambled eggs and hash brown, baby wild rocket, tomato relish, hollandaise sauce in spinach wrap (3370kj) 13
- add cheese (+276kj) +1 / avo (+994kj) +2**

**CHEESE MELT**

- Served on rustic bread
- Mushroom & tomato <sup>v</sup> (1560kj) 12
- Ham & pineapple (1920kj) 13
- Chicken & avocado (2580kj) 14

**HOUSE BAKED GRANOLA BOWL <sup>v</sup>**

- Açaí berry compote, yogurt, seasonal berries, chia seeds, toasted coconut (3210kj) 16
- add extra berries (+72kj) +4**

**SMASHED AVO DELIGHT <sup>v</sup>**

- 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**

**MUSHROOMS ON TOAST <sup>v</sup>**

- Shimeji, king brown & oyster mushrooms, spring onion, miso, smashed edamame, tempura enoki, poached egg, chilli, furikake, toasted rustic bread (2100kj) 18

**BREAKFAST GNOCCHI**

- House made potato gnocchi, roasted tomato, chorizo, shallot, chilli, parmesan snow, poached egg, crispy potato skin (3590kj) 19

**BIG BREAKFAST**

- Two eggs your way, chorizo, bacon, hash browns, smashed avo, mushrooms, roasted tomato with toasted sourdough (4440kj) 22

**LEAF BREKKIE <sup>v</sup>**

- 2 poached eggs, grilled halloumi, hash browns, sautéed kale, smashed avo, mushrooms, roasted tomato with toasted sourdough (3760kj) 22

**SMOKED SALMON BENNY**

- Vegetable fritter, smashed avo, sweet corn salsa, poached eggs, pomegranate, hollandaise, soft herbs (make it a bacon benny! swap the salmon for bacon) (3020kj) 18

**GRILLED HALLOUMI STACK <sup>v gfor</sup>**

- Spiced eggplant, heirloom tomato, kipfler potato, raisin, coriander, grilled halloumi, sautéed spinach, harissa, Spanish onion, poached egg on rustic bread (2420kj) 18

**ALL THINGS GREEN <sup>v gfor</sup>**

- Crispy brown rice, poached egg, avocado, edamame, broccolini, broccoli, furikake, sautéed kale with kombu sauce (2430kj) 18
- add grilled chicken (+718kj) +5**

**BELGIAN WAFFLE <sup>v</sup>**

- Seasonal berries, Açai berry compote, vanilla ice-cream, whipped vanilla ricotta, pistachio, Belgian chocolate sauce (3260kj) 18
- add extra ice cream (+645kj) +3**

**PANCAKE <sup>v</sup>**

- 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 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),       |                             |
| Chorizo (784kj)        | Sweet Potato Chips 7        |
|                        | with aioli (1970kj)         |

<sup>v</sup> Vegetarian option <sup>gf</sup> Gluten free <sup>gfor</sup> Gluten free on request

## 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**

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

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

## 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) 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

## MAINS

### CHICKEN KATSU (SCHNITZEL)

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

### KARAAGE CHICKEN WAFFLE

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

### WAGYU BEEF BURGER

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

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

PLEASE NOTIFY STAFF OF ANY FOOD ALLERGIES.

To maintain the integrity of the dish. NO CHANGES to the dish is permitted.

**A surcharge of 10% applies on public holidays**

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THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ