



TAKEAWAY MENU

TO ORDER, TEXT OR CALL: **0413 079 473**

BACON & EGG BURGER 10

HOUSE BAKED GRANOLA BOWL ^v
 Açai berry compote, yogurt, seasonal berries,
 chia seeds, toasted coconut (3210kj) 16
add extra berries (+72kj) +4

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

SMASHED AVO DELIGHT ^v
 Smashed avo, finger lime, cherry tomato salsa, green
 balsamic, poached egg, grilled halloumi cheese,
 with toasted sourdough(4160kj) 18
add extra egg (+345kj) +3

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

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

ALL THINGS GREEN ^{v gfor}
 Crispy brown rice, poached egg, avocado,
 edamame, broccolini, broccoli, furikake, sautéed kale
 with kombu sauce (2430kj) 18
add grilled chicken (+718kj) +5

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

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

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

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

WAFFLE ^v
 Strawberries and chocolate sauce 10

EXTRAS

Hollandaise (503kj)	3	Grilled Halloumi (722kj),	5
Poached Egg (345kj),		Grilled Bacon (1310kj),	
Hash-Brown (553kj),		Grilled Chicken (718kj),	
		Smoked Salmon (561kj)	
Mushrooms (160kj),	4		
Smashed Avo (994kj),		Chips with Aioli (2560kj)	3
Fetta (836kj)			
Ham (364kj)		Sweet Potato Wedges	5
Chorizo (784kj)		with aioli (1970kj)	

Please notify staff of any food allergies.

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ

^v Vegetarian option ^{gf} Gluten free ^{gfor} Gluten free on request