

TO EAT...

Toast with your choice of spreads (2 slices) \$7/\$8

Sourdough/Multigrain/Rye/Fruit Toast/Gluten free

Filled bagel *(NF) \$12

- mapled bacon & fried eggs, tomato ketchup

- avocado & halloumi, fried egg, tomato

- grilled chicken breast, avocado, lettuce, aioli

- cured salmon, cream cheese, cucumber, pickled fennel

Two eggs your way on toast *(NF)(V) \$10

ADD SIDES

bacon/ mushrooms/ cured salmon/ halloumi

chorizo/avocado/baked beans

roasted tomatoes /potato roesti

wilted spinach /two eggs/feta

battered chips / wedges / potato gem

bacon steak

Buttermilk pancakes(NF)

W/ butter, maple syrup

W/ berries, vanilla cream, maple syrup

W/ crispy bacon, a fried egg

Bircher muesli (V) \$15

W/ organic yoghurt, banana, fresh berries, dates, pear

Lemon & vanilla yoghurt bowl (V) \$15

W/ honey granola, kiwi fruit, berry compote, apple, mint

Porridge (V)(NF) \$15

organic 5 grains oats, rhubarb, golden raisin & apricot compote, fresh bananas, berries

Fresh avocado on rye toast *(V)(NF) \$14

W/feta, lemon, mild chilli

BLT roll (NF) * \$15

bacon, lettuce, tomato, roasted garlic aioli, ciabatta roll

ADD avocado \$3

Brekkie burger (NF)* \$15

bacon, fried eggs, hash brown, cheddar, BBQ sauce

French toast (V) \$18

caramel, banana, berries, poached pear, candied pecans

Chilli scrambled eggs (V) (NF)* \$18

W/ creamy feta cheese, crispy potato hash, sourdough

Smashed avocado on multigrain toast (V) * \$18

W/ poached eggs, cherry tomatoes, feta, seeds

Omelette on toast * (V) (NF) \$18

roasted capsicum, mushrooms, goats cheese, spinach

Herb roasted mushrooms & sourdough * (V) \$18

W/ two poached eggs, spinach, kale, Persian feta, walnuts

Breakfast board (V) \$21

avocado on toast, a poached egg, yoghurt & granola

house baked banana loaf, spiced butter, fresh orange juice

Baked beans on toast *(NF) \$18

haricot beans cooked in rich tomato sauce, spinach,

chorizo sausage, sage & parmesan crumble, a poached egg

Grilled thick cut bacon (NF) \$21

W/ potato hash, grilled tomato, avocado, apple & fennel salad,

a poached egg, toast

House cured salmon on rye *(NF) \$20

citrus & dill cured salmon, cherry tomatoes, avocado,

pickled fennel, goats cheese, a poached egg, lemon

Marinated tomatoes & halloumi on toast * (V) (NF) \$18

W/orange, pickled shallots, fennel & radish, a poached egg

Soup (NF)(V) \$13

minestrone soup, croutons, parmesan cheese, toast

Crumbed chicken breast & chips (NF) \$20

W/tomato & pickled shallot salad, lemon aioli,

TO EAT...

Grilled 4-cheese toastie on sourdough (V)(NF)* \$14

tasty, parmesan, mozzarella & halloumi cheese, honey mustard

ADD a fried egg on top \$2

ADD mushrooms \$3

Chicken & bacon club sandwich *(NF) \$16

W/ tomato, lettuce, aioli, swiss cheese on sourdough

Fried chicken burger (NF) \$16

southern style fried chicken breast with cheddar cheese, lettuce,

coleslaw, pickled cucumber, tomato, aioli

Organic quinoa & brown rice salad (V)(GF) \$16

W/ broccolini, kale, asparagus, avocado, sweet corns,

toasted almonds, lemon yoghurt dressing

ADD cured salmon OR grilled chicken \$6

Braised lamb shoulder salad \$20

W/ lentils, barley, roasted pumpkin & carrot, currants,

pomegranate pearls, minted yoghurt, mix seeds

Grilled free-range chicken salad (GF) \$20

rosemary marinated chicken breast, grilled broccoli & cauliflower,

spinach hummus with avocado, smoked almonds, a poached egg

Toasties

ham & cheese \$8.5

ham & cheese tomato \$9.5

cheese & tomato \$8

chicken & avocado \$11

design your own sandwich P.O.A

TO DRINK ...

Coffee

Latte / Cappuccino / Flat white \$4

Magic / Piccolo \$4

Long Black / Short Black \$4

Short Mac / Long Mac \$4

Mocha / Hot Choc \$4.5

Chai Latte / Matcha latte \$4.5

Turmeric latte \$4.5

Extras: large / extra shot +50c

soy/oats milk

Milk Lab almond / lactose free

Tea by T2 \$4.5

English breakfast / Earl grey / Chamomile

Peppermint / Green tea / Lemongrass & ginger

Iced Drinks

Iced latte \$5

Iced coffee \$6

Iced chai latte \$6

Iced chocolate \$6

Iced mocha \$6.5

Fresh orange OR grapefruit juice \$6

House made iced tea with fresh mint & lemon \$5



Milkshakes

Sml/Lrg

\$5/6

Thickshakes

\$7/8

chocolate / caramel /

strawberry / vanilla / coffee

Smoothies

-Mixed berries

\$9.5

strawberries, raspberries,

blueberries, cherries, grapes,

rhubarb, apples, yoghurt,

coconut water

-Green machine

\$9.5

spinach, kale, mint, mango,

pineapple, kiwifruit, banana,

yoghurt, coconut water

-Morning glory

\$9.5

organic oats, bananas,

cocoa powder, oats milk

-Peanut butter & banana

\$9.5

organic peanut butter, banana, yoghurt, cinna-

mon, honey, milk