

## BREAKFAST

**TOAST** **7.5**  
Sourdough, multigrain or ciabatta toast with butter and your choice of house made strawberry and rhubarb jam, peanut butter or vegemite  
**Gluten free toast** **+1.0**  
**Fruit toast** **+1.0**

**BANANA BREAD FRENCH TOAST (V)** **18.9**  
Homemade banana bread French toast with mascarpone, coconut, mixed berries, passionfruit, crushed nuts, Canadian maple syrup and freeze-dried strawberries

**RICOTTA HOTCAKE (V)** **19.5**  
Fluffy ricotta hotcake with fresh berries, Canadian maple syrup, seeds, nuts, mascarpone, chocolate soil, candied lemon and freeze-dried strawberries

**BREKKIE BUN** **17.9**  
Hickory smoked bacon, sunny side fried egg, tomato relish, avocado, spinach and halloumi cheese in a buttermilk bun with a side of onion rings

**CHILLI CRAB SCRAMBLE** **20.9**  
Folded eggs with blue swimmer crab topped with dill, fried shallots and a drizzle of smoked paprika oil on a toasted croissant

**BREKKIE BRUSCHETTA (V)** **18.9**  
Pan fried trio of mushrooms, cherry tomatoes, red onion, asparagus, halloumi cheese, fried enoki mushroom, balsamic and basil pesto and poached eggs on toasted ciabatta

**TWISTED BENEDICT** **19.5**  
Hickory smoked bacon, tomato and onion salsa, poached eggs, apple cider hollandaise topped with apple and snow pea tendrils on toasted sourdough

**CRUSHED AVOCADO (V)** **19.5**  
Smashed avocado mixed with quinoa and medley tomatoes topped with marinated feta, seeds, radish, and pomegranate served on toasted ciabatta with poached eggs and house made minted capsicum chutney

**ATLANTIC (GF)** **19.9**  
House made potato hash topped with smashed avocado, smoked salmon, cucumber ribbons, poached eggs, hollandaise and a salad of snow pea tendrils, dill, edamame and radish

**MR BIG** **21.9**  
Hickory smoked bacon, rosemary and thyme mushroom, cheese kransky, sautéed spinach, cherry tomato confit, fresh avocado, house made hash and poached eggs served on sourdough toast

**EGGS ANY STYLE** **10.5**  
Poached, scrambled or fried on sourdough toast (V)  
Why not add a delicious side from our extras below???

**EXTRAS:**  
Asparagus / sautéed spinach / confit cherry tomatoes / rosemary and thyme mushroom / halloumi cheese / marinated feta / fried tofu **4.0**

Smoked salmon / cheese kransky / hickory smoked bacon / fresh or smashed avocado / house made potato hash **5.0**

Grilled chicken breast / prawns **6.0**

Pan fried Atlantic salmon cooked medium **8.0**

## LUNCH

**PAD THAI NOODLES** **17.9**  
Wok fried rice noodles with tofu, bean sprouts, roasted peanuts, coriander, egg, spring onion and carrot in a light and tangy sauce with a hint of chilli  
**Add chicken** **+6.0**  
**Add prawns** **+6.0**

**SEAFOOD FETTUCCINE** **22.9**  
Pan seared prawns, barramundi, baby clams and squid with medley tomatoes, garlic, parmesan cheese, chilli and parsley in a white wine and paprika oil

**FISH & CHIPS** **19.9**  
Beer battered barramundi fillets, chips, lemon and tartare sauce served with a kale slaw

**NASI GORENG** **17.9**  
Fried rice with nasi sauce, cabbage, chilli, garlic, bean sprouts, crispy shallots and a fried egg  
**Add chicken** **+6.0**  
**Add prawns** **+6.0**

**PAN FRIED ATLANTIC SALMON** **22.9**  
Pan fried salmon cooked medium, served on a salad of soba noodles, edamame, dill, sesame seeds, coriander and pickled ginger

**MOROCCAN CHICKEN SALAD** **19.9**  
Grilled Moroccan chicken tenderloins, turmeric infused Israeli couscous, maple glazed pumpkin, kale, feta cheese, cherry tomatoes, cucumber, fried chickpeas, avocado, aioli and lemon dressing

**THAI BEEF SALAD** **19.9**  
Marinated beef strips, crispy noodles, cabbage, carrot, cashews, sweet potato crisps and house made Thai dressing

**SOFT SHELL CRAB BAO** **20.9**  
Two baos filled with tempura battered soft shell crab, kale slaw, chipotle mayo, fresh chilli and coriander

**SOUTHERN FRIED CHICKEN BURGER** **20.9**  
Chicken breast coated in southern fried spices with kale slaw and chipotle mayo in a buttermilk bun served with fries

**WAGYU BEEF BURGER** **20.9**  
House made wagyu beef patty with tomato relish, rocket, tomato, pickles, tasty cheese and aioli in a buttermilk bun served with wedges

**BOWL OF FRIES** **9.5**  
Served with tomato sauce

**BOWL OF WEDGES** **12.9**  
Served with sweet chilli sauce and sour cream



\*\* V=VEGETARIAN    GF=GLUTEN FREE (GF products may contain traces of gluten)  
\*\* All public holidays will incur a 10% surcharge

## VEGAN

**ACAI BOWL (GF)** **16.9**  
Amazon organic acai blended with mixed berries, almond milk and banana topped with chia seeds, banana, crushed nuts, toasted coconut chips and strawberries

**CHIA PUDDING (GF)** **15.9**  
Coconut and lime set chia pudding topped with crushed pistachio, fresh berries, berry compote, passionfruit and mango sorbet

**BUDDHA BOWL (GF)** **18.5**  
Maple glazed pumpkin, beetroot hummus, avocado, confit tomatoes, pan fried chat potatoes and kale with a salad of quinoa, lentils, cranberries, seeds and pomegranate

**GREEN VEGGIE FRITTERS (GF)** **18.9**  
Fritters of zucchini, peas, spinach, dill and coriander served with smashed avocado and a salad of rocket, pomegranate and radish with house made minted capsicum chutney

**SUPERFOOD SALAD (GF)** **18.9**  
Kale, avocado, apple, quinoa, crushed almonds, seeds, pomegranate, hummus and house dressing

**STIR FRIED GREENS (GF)** **18.9**  
Broccolini, kale, green beans, asparagus, zucchini, bok choy, fried shallots and sesame seeds in a soy, ginger and garlic dressing

**FALAFEL TORTILLAS** **20.9**  
Three mini tortillas filled with house made falafel balls, rocket, pickled cucumber, tomato and onion salsa, pickled turnips and tahini sauce

**JOLLY VEGAN BURGER** **20.9**  
Plant based meat alternative patty with vegan cheese, tomato relish, rocket, tomato, vegan mayonnaise, avocado and jalapenos in a burger bun served with a side of sweet potato fries

## KIDS

**EGG & BACON** **9.9**  
Your choice of fried, poached or scrambled egg served with bacon and sourdough toast

**RICOTTA HOTCAKE** **12.9**  
Fluffy ricotta hotcake served with Belgian chocolate ice cream, berries and maple syrup

**FETTUCCINE NAPOLI** **12.9**  
Fettuccine pasta with house made Napoli sauce and parmesan cheese

**POPCORN CHICKEN** **12.9**  
Fried popcorn chicken breast with fries and tomato sauce

**KIDS HAM & CHEESE OMELETTE** **12.9**  
Ham and mozzarella cheese omelette served with buttered toasted sourdough soldiers

**KIDS FISH & CHIPS** **12.9**  
Beer battered barramundi fillet with a side of fries and tartare sauce

## HOT DRINKS

### HOUSE COFFEE BLEND **4.0**

Arabica coffee, sourced from the highland plantations of Africa and Central America. A beautifully balanced and full-bodied blend with dark cocoa undertones, hints of vanilla and a sweet maple syrup finish

Latte / Cappuccino / Flat White / Piccolo / Espresso / Short Macchiato / Long Macchiato / Long Black

Mug	<b>+0.8</b>
Freshly Ground Decaf	<b>+0.5</b>
Bonsoy Milk	<b>+0.5</b>
MilkLab Milk: Almond, Coconut, Lactose Free	<b>+0.5</b>
Syrups – Caramel, Hazelnut, Vanilla, Coconut	<b>+0.5</b>
Strong	<b>+0.3</b>

### AFFOGATO **5.0**

100% Arabica coffee extracted over a scoop of creamy vanilla ice cream

### 9 SPICE CHAI LATTE **5.5**

A blend of aromatic spices, organic black tea and raw organic honey. Served in a Turkish pot with cinnamon spice dusting

### TURMERIC CHAI LATTE **5.5**

A caffeine-free blend, with fresh ground turmeric, ginger, black pepper, cinnamon, rooibos and honey. Served in a Turkish pot with cinnamon spice dusting

### MATCHA LATTE **5.5**

Powdered green tea leaf latte

### BOUNTY HOT CHOCOLATE **6.0**

A mix of Belgium's finest milk chocolate callets melted down in a warm creamy coconut milk. Garnished with toasted coconut

### BELGIAN HOT CHOCOLATE **5.5**

A mix of Belgium's finest milk chocolate callets melted down in a warm creamy milk. Garnished with couverture chocolate

### BELGIAN MOCHA **5.5**

A mix of Belgium's finest milk chocolate callets melted down in a warm creamy milk with a premium espresso shot. Garnished with couverture chocolate

### BABYCINO **1.0**

Layers of creamy froth and chocolate sprinkles served with a marshmallow

### CHAMELLIA TEA – CERTIFIED ORGANIC **4.5**

After visiting nearly 100 estates around the world Chamellia uncovered a gem in Ruhana, Sri Lanka's southwestern tea growing region

Chamellia is involved every step of the way, from withering the tea leaves to oxidisation and drying

English Breakfast / Earl Grey Supreme / Chamomile / Lemongrass & Ginger / Masala Chai / China Sencha / Peppermint

## COLD DRINKS

### SMOOTHIES **7.9**

**BANANA BUZZ** Milk, Banana, Ice Cream, Cinnamon, Honey

**DELICIOUS BERRY** Milk, Mixed Berries, Yoghurt, Honey

**COCONUT DELIGHT** Coconut Water, Mango, Strawberry, Yoghurt, Coconut

**TROPICAL SUNRISE** Milk, Mango, Strawberry, Passionfruit, Yoghurt, Honey

**ACAI** Almond Milk, Acai, Mixed Berries, Yoghurt

### FRESHLY SQUEEZED JUICE **7.9**

**HEALTH CONSCIOUS** Beetroot, Celery, Carrot, Apple

**SWEETNESS** Pineapple, Apple, Strawberry, Watermelon

**A LITTLE THIRSTY** Watermelon, Apple, Orange, Lemon

**SOMETHING MINTY** Pineapple, Apple, Mint, Lemon

**GREEN MACHINE** Apple, Celery, Baby Spinach, Cucumber

**ON ITS OWN** Choose up to 3 fruits or veggies

### TRADITIONAL MILKSHAKES **6.9**

Chocolate / Vanilla / Caramel / Strawberry

**Add Malt** **+0.5**

**Thickshakes** **+1.0**

### ICED TEA **6.9**

English Breakfast tea with lemon and mint

### ICED CHAI LATTE **6.9**

A milky blend of aromatic spices, organic black tea and raw organic honey served with ice and ice cream

### ICED MATCHA LATTE **6.9**

Premium green tea leaf latte served with ice and ice cream

### COLD BREW **5.0**

Served with ice

### ICED COFFEE **6.9**

Cold brew coffee served with ice, milk and ice cream

### ICED CHOCOLATE / MOCHA **6.9**

Served with ice, milk, and ice cream

### ICED LATTE / LONG BLACK **4.0**

### SUPERSHAKES **15.0**

**NUTELLA CHOC BROWNIE** Nutella milkshake, cream, Nutella brownie cookie, choc crumble, Nutella cake

**STRAWBERRIES & CREAM** Strawberry milkshake, cream, red velvet cake, strawberries, raspberry coulis, white chocolate ganache and fairy floss

**COOKIES & CREAM** Cookies and cream milkshake, cream, cookies and cream ice cream, wafer cone, mini Oreos, choc crumble and white choc ganache

**LOLLY HEAVEN** Blue heaven milkshake, cream, sour straps, 100's & 1000's, gigantic lollipop, fairy floss, popping candy and white choc ganache

**PEANUT BUTTER SALTED CARAMEL** Peanut butter salted caramel milkshake, cream, choc ganache, pretzels, caramel popcorn, Reese's peanut butter cups and peanut butter brownie cookie

**FERRERO ROCHER** Chocolate hazelnut milkshake, cream, choc ganache, hazelnuts, choc crumble, Ferrero Rocher mini cake, chocolate wafer stick

