

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

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|--|-------------|
| Mug | +0.8 |
| Freshly Ground Decaf | +0.5 |
| Bonsoy Milk | +0.5 |
| MilkLab Milk: Almond, Coconut, Lactose Free | +0.5 |
| Syrups – Caramel, Hazelnut, Vanilla, Coconut | +0.5 |
| Strong | +0.3 |

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

