

## BREAKFAST

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### TOAST

Sourdough, multigrain or ciabatta toast with butter and your choice of house made strawberry and rhubarb jam, peanut butter or vegemite.

#### Gluten free toast

#### Fruit toast

### BANANA BREAD FRENCH TOAST (V)

Homemade banana bread French toast with mascarpone, coconut, mixed berries, passionfruit, crushed nuts, Canadian maple syrup and freeze-dried strawberries

### RICOTTA HOTCAKES (V)

Fluffy Ricotta hotcakes with fresh berries, Canadian maple syrup, seeds, nuts, mascarpone, chocolate soil, candied lemon and freeze-dried strawberries

### BREKKIE BUN

Hickory smoked bacon, sunny side fried egg, tomato relish, avocado, spinach, haloumi cheese in a milk bun with a side of onion rings

### CHILLI FOLDED EGGS

Folded eggs with XO sauce topped with chimichurri, feta cheese, fried shallots and a drizzle of smoked paprika oil on a toasted croissant

### BREKKIE BRUSCHETTA (V)

Pan fried cauliflower, asparagus, halloumi, mushrooms, capsicum, medley tomato, rainbow baby carrots, pickled onion, poached eggs on toasted ciabatta with basil pesto and balsamic glaze

### TWISTED BENEDICT

Hickory smoked bacon, tomato onion & corn salsa, poached eggs, apple cider hollandaise, topped with apple & snow pea tendrils salad on toasted sourdough

### CRUSHED AVOCADO (V)

Smashed avocado mixed with quinoa topped with medley tomatoes, marinated feta, seeds, radish, and pomegranate served on toasted ciabatta with poached eggs and house made minted capsicum chutney

### ATLANTIC (GF)

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

Hickory smoked bacon, rosemary and thyme mushroom, cheese kransky, confit cherry tomato, fresh avocado, house made potato hash and poached eggs served on Sourdough toast

### EGGS ANY STYLE

Poached, Scrambled or Fried on Sourdough toast (V) Why not add a delicious side from our extras below...

### EXTRAS:

Sautéed Spinach / confit cherry tomatoes / rosemary and thyme mushroom

Cheese kransky / Hickory smoked bacon / fresh or smashed avocado / fried tofu / house made potato hash / Grilled halloumi cheese / marinated feta

Grilled chicken breast / slow cooked lamb shoulder / smoked salmon

Pan fried atlantic salmon cooked medium

## LUNCH

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### PAD THAI NOODLES

Wok fried rice noodles with tofu, bean sprouts, egg, spring onion and carrot with a hint of chilli, coriander, roasted peanuts in a house-made light and tangy sauce

#### Add chicken

#### Add prawns

### SEAFOOD FETTUCCINE

Pan seared prawns, barramundi, mussels and squid with medley tomatoes, garlic, chilli in white wine, paprika oil and parmesan cheese

### FISH AND CHIPS

Beer battered barramundi fillets, chips served with kale slaw, tartare sauce and lemon

### NASI GORENG

Fried rice with house made nasi sauce, cabbage, chilli, garlic, bean sprouts, crispy shallots and fried egg

#### Add chicken

#### Add prawns

### PAN FRIED ATLANTIC SALMON

Pan fried Atlantic salmon cooked medium, served on a salad of soba noodles, edamame, dill, sesame seeds, coriander and pickled ginger

### MOROCCAN CHICKEN SALAD

Grilled Moroccan chicken tenderloins, turmeric infused couscous, maple glazed pumpkin, kale, feta cheese, cherry tomatoes, cucumber, roasted chickpeas, avocado, aioli and lemon dressing

### CALAMARI SALAD

Crispy calamari, green papaya, slaw, bean sprouts, spring onion, coriander, Thai basil, chilli, peanuts, crispy shallots and nuoc cham dressing

### MEXICAN CHICKEN PARMIGIANA

Panko crumbed chicken breast loaded with tomato sugo, ham, corn chips, mozzarella cheese, sour cream, avocado, tomato onion & corn salsa served with a kale slaw

### LAMB TACOS

Three mini tortillas filled with slow cooked pulled lamb shoulder, tomato onion & corn salsa, minted capsicum chutney, slaw and tzatziki

### SOUTHERN FRIED CHICKEN BURGER

Chicken breast coated in southern fried spices with kale slaw and chipotle mayo in a buttermilk bun served with fries.

### WAGYU BEEF BURGER

Wagyu beef patty with tomato relish, rocket, tomato, pickles, cheddar cheese and aioli in a buttermilk bun served with wedges

### BOWL OF FRIES

Served with tomato sauce

### BOWL OF WEDGES

Served with sweet chilli sauce and sour cream

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

Please be advised that unfortunately, we cannot guarantee that our products are strictly free from any allergies. Although we will always try our best to avoid cross-contamination, there is always a possibility for this to occur. If you are highly allergic to certain food products or concerned about ingredients or cross-contamination, please advise us so we can help you make the right decision to avoid the risk of having an allergic reaction.

## VEGAN

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### ACAI BOWL (GF)

100% Brazilian acai blended topped with chia seeds, banana, crushed nuts, toasted coconut chips and berries

### BIRCHER MUESLI

Oats soaked overnight in apple juice, berries, nuts and seeds topped with coconut yoghurt, passionfruit and Canadian maple syrup

### NOURISH BOWL (GF)

Maple glazed pumpkin, beetroot hummus, avocado, confit tomatoes, pan fried chat potato & kale with a salad of quinoa, cranberries, seeds and pomegranate

### GREEN VEGGIE FRITTERS (GF)

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)

Kale, avocado, apple, quinoa, crushed almonds, seeds, pomegranate, hummus and house dressing

### STIR FRIED GREENS (GF)

Broccolini, kale, green beans, asparagus, zucchini, bok choy, fried tofu, crispy shallots and sesame seeds in a soy, ginger and garlic sauce

### CAULIFLOWER STEAK (GF)

Keto friendly grilled cauliflower steak topped with field mushrooms, roasted baby carrots, Napoli sauce, pine nuts, chimichurri sauce, fried kale and pomegranate

### JOLLY VEGAN BURGER

Plant based meat alternative patty with vegan cheese tomato relish, rocket, tomato, vegan mayonnaise, avocado and jalapenos in a soft bun served with a side of sweet potato fries

## KIDS

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### EGG & BACON

Your choice of fried, poached or scrambled egg served with bacon and sourdough toast

### RICOTTA HOTCAKE

Fluffy ricotta hotcake served with Belgium chocolate ice cream, berries and maple syrup

### FETTUCCINE NAPOLI

Fettuccine pasta with house made napoli sauce and parmesan cheese

### POPCORN CHICKEN

Fried popcorn chicken breast with fries and tomato sauce

### HAM & CHEESE OMELETTE

Ham and mozzarella cheese omelette served with buttered toasted sourdough soldiers

### FISH AND CHIPS

Beer battered barramundi fillet with a side of fries and tomato sauce

### MAC'N'CHEESE

Macaroni pasta baked with a creamy cheese sauce

## HOT DRINKS



### HOUSE COFFEE BLEND

A beautifully balanced and full-bodied blend of arabica beans with dark cocoa undertones, hints of caramel and a sweet maple syrup finish

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

Mug  
Freshly Ground Decaf  
Bonsoy Milk  
Oatly Oat Milk  
Milklab Milk: Almond, Coconut, Lactose Free  
Syrups – Caramel, Hazelnut, Vanilla, Coconut  
Strong

### HOT FILTER BREW

Single origin hot filtered coffee served with sparkling water (single origin coffees are rotated seasonally)

### AFFOGATO

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

### SPICE CHAI LATTE

A truly decadent blend of aromatic whole spices, black tea and golden Australian honey. Served in a Turkish pot with cinnamon spice dusting

### TURMERIC CHAI LATTE

A chai spice blend with fresh ground turmeric, ginger, black pepper, cinnamon and honey brewed with creamy coconut milk. Served in a Turkish pot with cinnamon spice dusting

### MATCHA LATTE

Premium green tea latte

### BELGIAN HOT CHOCOLATE

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

### BELGIAN MOCHA

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

### BOUNTY HOT CHOCOLATE

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

### VEGAN ALMOND HOT CHOCOLATE (VE)

A rich delicious creamy vegan cocoa with warm creamy almond milk

### BABYCINO

Layers of creamy froth and chocolate sprinkles served with a marshmallow

### TEA

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

## COLD DRINKS



### SMOOTHIES

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

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

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

**COCONUT DELIGHT (VE)** Coconut Water, Mango, Strawberry, Coconut Yoghurt

**ACAI (VE)** Almond Milk, Acai, Mixed Berries, Coconut Yoghurt

**CHOC PEANUT BUTTER (VE)** Almond Milk, Cocoa, Banana, Coconut Ice Cream, Peanut Butter

### FRESHLY SQUEEZED JUICE

**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 BOOST** Apple, Celery, Baby Spinach, Cucumber

**PEAR PARADISE** Pear, Strawberry, Watermelon, Orange

**ON ITS OWN** Choose up to 4 fruits or veggies

### ICED TEA

**English Breakfast** tea with lemon and mint /

**Hibiscus**, rosehip & strawberry /

**Lemongrass** & ginger

### ICED CHAI LATTE

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

### ICED MATCHA LATTE

Premium green tea leaf latte served with ice and ice cream

### COLD DRIP

Single origin 8 hour cold drip filtered coffee served with ice (single origin coffees are rotated seasonally)

### ICED COFFEE

Fresh Espresso shot served with ice, milk, and ice cream

### ICED CHOCOLATE / MOCHA

Served with ice, milk, and ice cream

### ICED LATTE / LONG BLACK

### TRADITIONAL MILKSHAKES

Chocolate / Vanilla / Caramel / Strawberry / Blue Heaven

**Add Malt  
Thickshakes**

### SUPERSHAKES

**NUTELLA CHOC BROWNIE** Nutella milkshake with vanilla ice cream, whipped cream, Nutella brownie cookie, choc crumble, Nutella cake drop

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

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

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

**LOTUS BISCOFF (VE)** Biscoff milkshake, almond milk, Biscoff spread, Biscoff biscuit, vegan whipped cream, Biscoff cake drop

