

MENU





BREAKFAST

ALL DAY

Toasted Bread (v) \$6.5 White sourdough, soy linseed, white high-top, brown high-top or raisin bread. Choice of butter, jam, nutella, vegemite, or peanut butter Gluten free option available (\$7.50)

2 Eggs your way (v) \$12

Poached, fried or scrambled, sourdough toast

Avocado Toast (v) 2260kj \$15

Avocado, cherry tomatoes, Danish feta, pepitas, mint, balsamic glaze, soy linseed toast Gluten free option available (\$16)

Brekkie Burger 2380kj \$16

Bacon, fried egg, baby spinach, tomato relish, aioli, milk bun

add ons: hash brown (\$5)

French Croissant 2050kj \$16

Smoked ham, swiss cheese, tomato, roasted mushrooms, wilted spinach

Granola Bowl (v) 2800kj \$14

Seasonal fruits, vanilla bean yogurt, honey

Acai Bowl (v, DF) 5040kj \$18

Granola, banana, apple, berries, chia seeds, shredded coconut

Coffee Caramel Waffles (v) 4480kj \$19

Belgium waffles, signature coffee caramel sauce, brûléed banana, berries, vanilla ice cream add on: whipped cream (\$1), bacon (\$6)

Pancake Stack (v) 3210kj \$

Stacked pancakes, strawberry coulis, vanilla cream cheese, berries, biscuit crumb, vanilla ice cream add ons: whipped cream (\$1)

Big Brekkie 4750kj

\$24

2 eggs your way, sourdough toast, bacon, chorizo, cherry tomatoes, wilted spinach, roasted mushrooms add ons: two hash browns (\$5)

Omelette (v) 2120kj

\$15

Cherry tomatoes, roasted mushrooms, wilted spinach, swiss cheese, sourdough toast add ons: smoked ham (\$5), smoked salmon (\$6), or bacon (\$6)

Roasted Mushroom Toast (v) 2030kj \$18

Chargrilled red capsicum, Danish feta, basil pesto, truffle oil, soy linseed toast

Eggs Benny \$22

Choice of smoked salmon (2600KJ), ham (2500KJ), or bacon (2810KJ) with two poached eggs, wilted spinach, chive hollandaise, sourdough toast

Corn Fritter (v) 2370kj

\$16

Halloumi, avocado, baby spinach, tomato relish add ons: two eggs (\$5), bacon (\$6)

EXTRAS

Bacon, chorizo, smoked salmon, Danish feta, halloumi

\$6

Two eggs, smoked ham, avocado, roasted mushrooms, cherry tomatoes, hash brown

\$5

\$8

\$8

\$8

\$10

FOR THE LITTLE ONES

(UNDER 12)

Ham & Cheese Toastie 2140kj Ham & melted cheese

Eggs on Toast

1 white toast with eggs your way

Healthy Plate 2100kj

Cheese soldiers, avocado, tomato

Waffle or Pancakes
Vanilla ice cream, nutella sauce, sprinkles

LUNCH

FROM 11:30

Southern Fried Chicken Burger 4500kj

Herb slaw, cheese, bacon, pickles, chipotle mayo, milk bun with shoestring fries

Beef Burger 4750kj

\$21

\$19

Bacon, cheese, tomato, lettuce, pickles, signature burger sauce, milk bun with shoestring fries

Steak Sandwich 3550kj

\$21

Marinated steak, capsicum, onion jam, baby spinach, cheese, dijon mustard, chipotle mayo, sourdough with shoestring fries

Salmon on Sourdough 2820kj

\$20

Smoked salmon, chive cream cheese, avocado, red onion, cherry tomatoes, baby spinach, pepitas, balsamic glaze

add ons: two poached eggs (\$5)

Chicken Salad (DF) 2290kj

\$20 Grilled chicken breast, baby cos, snow peas sprouts, apple, cherry tomatoes, avocado, passionfruit lime dressing

Beetroot & Halloumi Salad (V) 1990kj

\$18

Halloumi, rocket, grains, baby beetroot, snow pea sprouts, balsamic glaze

add ons: smoked salmon (\$6), grilled herb chicken (\$6)

Cauliflower Chickpea Salad (v) 1280kj

Roasted cauliflower, fried chickpeas, grains, balsamic dressing, cherry tomato, radish, beetroot yogurt, fried kale, rocket

add ons: grilled herb chicken (\$6), halloumi (\$6)

Chicken with Romesco Sauce (DF, GF) 2910kj

Grilled chicken breast, romesco sauce, seasonal greens, herb roasted potatoes

Chicken Mushroom Linguine 3470kj

Grilled chicken breast, roasted mushrooms, sun-dried tomatoes in a garlic cream sauce

Fish & Chips 3420kj

\$20

Tempura battered fish, shoestring fries, salad, tartare sauce

Chicken Melt 2970kj

Grilled chicken breast, avocado, tomato, swiss cheese, sourdough toast

BUILD YOUR OWN **NOURISH BOWL**

Choose four fillings:

Baby spinach, grains, rocket, snow pea sprouts, cherry tomatoes, roasted mushrooms, avocado, chargrilled red capsicum, roasted chickpeas, kale, roasted cauliflower, baby beetroot

Choose one protein:

Halloumi, smoked salmon, chicken breast, two eggs, bacon, chorizo

Choose one sauce:

Pesto mayo, aioli, balsamic glaze, beetroot yogurt, passionfruit lime dressing, chipotle mayo

The average daily adult intake is 8700kj.

Vegetarian, GF = Gluten free, DF = Dairy free

We will do our best to cater for your dietary requirements and alleray concerns. We are unable to guarantee that any menu item can be completely free of allergens.

WRAPS

Chicken, Bacon & Avo 2320kj

\$14

Grilled chicken breast, bacon, cos lettuce, tomato, avocado, aioli

Veggie (v) 1290kj

\$14

Halloumi, baby spinach, tomato, chargrilled red capsicum, pesto mayo

Salmon Wrap 1730ki

\$14

Smoked salmon, chive cream cheese, baby spinach, red onion, avocado

SIDE

Side of Fries (v) 734kj

\$5

Bowl of Fries (v) 1650kj

\$10

Tomato or barbecue sauce

EXTRAS

Bacon, chorizo, smoked salmon, chicken, Danish feta, halloumi

\$6

Two eggs, smoked ham, avocado, roasted mushrooms, cherry tomatoes

\$5

FOR THE LITTLE ONES

(UNDER 12)

Cheese Burger 3260kj

\$13

Burger patty, cheese, barbecue sauce, with a side of shoestring fries and tomato sauce

Chicken Burger 2640kj

\$13

Grilled chicken, cheese, lettuce, tomato, aioli with a side of shoestring fries and tomato sauce

Fish & Chips 1790ki

\$13

Shoestring fries, tomato sauce



Hot Drinks

	Small	Reg	Lge
Flat White	\$4.50	\$5.00	\$5.50
	588kj	841kj	1083kj
Cappuccino	\$4.50	\$5.00	\$5.50
	521kj	801kj	1069kj
Latte	\$4.50	\$5.00	\$5.50
	548kj	828kj	1096kj
Mocha	\$5.00	\$5.50	\$6.00
	810kj	1353kj	1183kj
Long Black	\$4.50	\$5.00	\$5.50
	5kj	8kj	9kj
Short Black	\$3.60 3kj		
Piccolo	\$4.10 189kj		
Macchiato	\$3.90 28kj		
Hot Chocolate	\$5.00	\$5.50	\$6.00
	923kj	1349kj	1976kj

\$5.00 645kj	\$5.50 1023kj	\$6.00 1389kj					
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\$2.00 260kj							
EXTRAS							
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Small

Reg

\$0.90

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Cold Drinks

	Reg	Lge		Reg	Lge
Iced Coffee	\$6.00 1334kj	\$6.60 1690kj	Milkshake Vanilla, Strawberry,	\$4.80 1656kj	\$5.30 2005kj
Iced Mocha	\$6.50 2721kj	\$7.10 3480kj	Chocolate, Caramel		
Iced Chocolate	\$6.10 2717kj	\$6.80 3475kj	Smoothie Mango, Berry	\$6.90 1140kj	\$7.90 1710kj
Chilled Long Black	\$4.80 4kj	\$5.30 5kj	Breakfast, Banana	<u></u>	\$7.00
Chilled Latte	\$5.30 403kj	\$5.80 670kj	Crush Tropical, Strawberry Mint	\$6.90 501kj	\$7.90 751kj
Chilled Mocha	\$5.80 1048kj	\$6.30 1530kj	Iced Tea	\$5.10	\$5.60
Espresso Frappe	\$6.40 861kj	\$7.10 947kj	Juice	676kj \$4.70	902kj
Mocha Frappe	\$6.70 1506kj	\$7.40 2042kj	Soft Drinks	\$4.70	
Chocolate Frappe	\$6.40 1503kj	\$7.10 2040kj	Sparkling Water	\$4.30	
Caramel Frappe	\$6.40 1506kj	\$7.10 2044kj	Still Water	\$3.50	

Shot

Decaffeinated

Soy, Almond, Lactose-free

Vanilla, Caramel, Hazelnut Syrup