

ORGANIC TOAST **GFO, V, VEO 9.0**
 Sourdough or Multigrain with butter, jam, vegemite, peanut butter or honey

ORGANIC FRUIT TOAST **V, VEO 9.9**
 with butter

PORRIDGE **VEO 21.5**
 with stewed rhubarb, fresh grated apple, chia seeds, toasted pumpkin seeds & seasonal fruit

ACAI BOWL **GF, VE 22.5**
 with crunchy granola, banana magnum, chia seeds, peanut butter sauce & seasonal fruit

EGGS YOUR WAY **GFO, V 13.0**
 Poached, scrambled or fried eggs on toast + add your extras

AVO SMASH **GFO, V 21.9**
 with mushroom medley, feta, poached egg and dukkah served on sourdough

FRENCH TOAST **V 22.5**
 with local organic choc mint ice cream, Persian rose floss, chocolate sauce & seasonal fruit

CITRUS HOTCAKES **GF, V 22.5**
 with lemon curd, berry coulis, seasonal fruit and vanilla ice cream

SHAKSHUKA **GFO, V 22.9**
 Middle eastern style egg baked in homemade tomato and mixed bean sauce with feta & mushrooms served with sourdough
 Please allow 10-15 minutes
 + Chorizo \$6.0

EXTRACTED BENEDICT **23.5**
 Panko coated eggs, bacon and sriracha hollandaise served on roti bread

NOURISH BOWL **GF, V, VEO 22.5**
 Quinoa, falafel, broccoli, spinach, slaw, avocado, poached egg and sriracha mayo + Salmon \$6.5

BIG BREKKIE **GFO 24.9**
 Eggs your way on sourdough with bacon, spinach, mushroom, tomato, chorizo & hashbrown

VEGGIE BIG BREKKIE **GFO, V 24.9**
 Eggs your way on sourdough with halloumi, spinach, mushroom, tomato, avocado and a hashbrown

HALLOUMI GRILL **GFO, V 22.5**
 Grilled halloumi served with beetroot hommus, dukkah and avocado on sourdough

CUBAN BENEDICT **GFO 23.5**
 Slow cooked pulled pork, smokey grilled ham and poached eggs served on grain toast with onion jam and sriracha hollandaise

GRILLED VEGGIE OMELETTE **GFO, V 22.5**
 with grilled veggies, mushroom, spinach, onion and feta on sourdough

PAN FRIED BARRAMUNDI **GF 25.9**
 with broccoli and quinoa salad tossed in our extracted dressing

CORN FRITTERS **GF, V 22.5**
 topped with avocado, tomato salsa and housemade balsamic glaze
 + Salmon \$6.5

CHICKEN CAESAR SALAD **GFO 22.5**
 with chicken, bacon, poached egg, croutons, cos lettuce, parmesan and Caesar dressing

WAGYU BEEF BURGER **GFO 23.9**
 with cheese, bacon, tomato, cos lettuce, onion jam, hickory sauce and dijonaise served with chips

KOREAN CHICKEN BURGER **23.9**
 Crispy chicken in housemade Korean BBQ sauce with asian slaw served with chips

VEGAN BURGER **GFO, V, VE 23.5**
 with housemade falafel patty, relish, creamy apple slaw served with chips

JUNIORS (UNDER 12)

+ Eggs on toast **9.9**
 + Hotcakes, ice cream & maple syrup **12.0**
 + Ham & Cheese Croissant **9.9**
 + Kids Milkshake / Juice **7.0**

EXTRAS

+ Sourdough / Multi / Gluten Free Bread **2.5**
 + Egg **3.0**
 + Hashbrowns / Tomato / Sautéed Spinach **4.5**
 + Avocado / Feta / Mushrooms **5.0**
 + Bacon / Chorizo / Side of Chips **6.0**
 + Smoked Salmon / Halloumi / Pulled Pork **6.5**
 + Bowl of Chips **9.9**

COFFEE

Espresso	4.0
Piccolo / Long Black / Double Espresso	4.5
Caffe Latte / Cappuccino / Flat White	4.5
Mocha / Hot Chocolate / Chai Powder	4.5
Prana Chai Latte or Tea	6.0
Babychino with Marshmallow / Puppuccino	2.0

Large / Extra Shot / Decaf	+5.0
Almond / Soy / Oat / Coconut / Lactose Free	+6.0

LATTE BLENDS 5.5

Matcha / Turmeric / Red Velvet
Sakura / Butterfly Blue

TEA by Larsen & Thomson 6.0

English Breakfast / Earl Grey / Shincha Green
Lemongrass & Ginger / Peppermint / Oolong

SMOOTHIES

MANGO PASSION 9.8

Mango, Passion Fruit, Banana, Lemon, Ginger, Coconut Milk

BERRY BLAST 9.8

Mixed Berries, Banana, Lemon, Dates, Chia Seeds, Coconut Milk

BANANA SMOOTHIE 9.8

Banana, Honey, Coconut Milk

MILKSHAKES 8.5

Chocolate / Caramel / Strawberry / Vanilla
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ICED DRINKS

Iced Long Black / Affogato	6.5
Iced Latte	7.0
Iced Coffee / Iced Choc / Iced Mocha	7.5

FRESHLY SQUEEZED JUICES

PINK CRUSH 9.8

Watermelon, Lemon, Mint, Cucumber

COLD DEFENCE 9.8

Orange, Carrot, Ginger, Lemon, Apple

FRESH ORANGE JUICE 9.5

FRESH APPLE JUICE 9.5

WINE G B

PINOT GRIGIO 9.5 34

Torresella - Venezia - Italy

CHARDONNAY 9.9 37

Devil's Lair - Margaret River

PROSECCO 8.5 28

Maschio

CABERNET SHIRAZ 9.9 37

Devil's Lair - Margaret River

PINOT NOIR 9.9 37

Red Hill Estate - Cool Climate

COCKTAILS

LIMONCELLO SPRITZ 14

The perfect blend of sweet and sour lemon liqueur & prosecco
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MOJITO 16

White rum, fresh mint and refreshing lime juice, skilfully balanced by adding Australian sugar
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PORNSTAR MARTINI 16

Vodka blended with passionfruit and vanilla liqueurs, zingy passionfruit juice and a dash of lime

COSMOPOLITAN 16

Vodka with bright zesty lime juice, clean dry cranberry juice and burnt orange liqueur
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GIN & TONIC 14

Made with Style 3 Gin with notes of juniper berry, grapefruit, clove and traditional botanicals

ESPRESSO MARTINI 14

Coffee liqueur and vodka are combined with cold brew coffee and dark chocolate
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BEER

SINGHA 8.0

PERONI 9.0

CORONA 9.0