

ALL DAY MENU

Sourdough Crumpets 7

With your choice of ricotta, honey, nut butter & condiments

Avocado Smash 15

Heirloom tomato, whipped spicy fetta, house-made dukkah, salsa verde on miche (VT)

+poached egg 4.
+additions

Nourish Burrito 15

Grilled zucchini, black bean mole, grains, guacamole, spiced corn, parmesan & house-made kasundi (VT)

Green Chilli Scrambled Eggs 19

Heirloom tomato, red onion, soft herbs, roasted banana red chilli on soy linseed sourdough (VT)

Eggs Your Way 11

Scrambled, fried or poached on organic toasted sourdough with butter (VT)

+ additions

Falafel Bowl 15

Falafel, avocado, grains, sumac labne, pickles, nuts & seeds (VT)

+poached egg 4.
+additions

Vegan Bowl 15

Broccolini, avocado, sweet potato, quinoa, beetroot hummus & seeds (VT) (GF)

Buttermilk Hotcakes 21

Banana, ricotta, berries, toasted nuts & warm butterscotch (VT)

Dirty Bird Benedict 21

Poached eggs, fried chicken, polenta sage slice, rocket & harissa hollandaise

Karaage Chicken Burger 12

House slaw, pickles & spicy mayo on a soft potato bun
+ fries 5

Kimchi Waffles 21

Fried chicken, chilli mayo, rocket & parmesan

Pulled Pork Burger 12

12 hour slow roasted pulled pork, chilli mayo, rocket, pickles & parmesan on a soft potato bun
+ fries 5

Chimichurri Chicken Salad 18

Free range chicken, kale, mix grains, cherry tomato, sweet potato & kasundi (GF)

Additions

Spiced Fries	7
Fried/ Grilled Chicken	5
Free Range Bacon	4
Chorizo	4
Avocado	3.5
Mushrooms	3.5
Poached Egg	4
Haloumi	3.5
Hot smoked salmon	6

Gluten free bread available (+1.5)
(VT) Vegetarian (VG) Vegan (GF) Gluten Free
Please inform staff of any allergies

no split bills on weekends
10% surcharge applies on weekends
15% surcharge applies on public holidays

BEVERAGE

SPECIALTY TEA 5.

ENGLISH BREAKFAST
assam, ceylon tea

EARL GREY
assam, bergamont, mallow flower

LEMONGRASS & GINGER
lemongrass, ginger, juniper, berries, thuja

CHAMOMILE
organic chamomile flower

MINT BLEND
organic peppermint, licorice, fennel

RAFIKI ROOIBOS
rooibos, honey bush, saffron flower, calendula flower

BERRY BOMB
hibiscus, coconut, rose, dried fruits

FLORAL TEA
saffron, blue mallow, calendula, rose, thuja, assam, orange

GREEN MANGO CHAI
oolong, aniseed, caraway, licorice, cloves, ginger, mango

JASMINE ROSE
jasmine green, rose petals

DAIRY FREE SMOOTHIES 8.

PEANUT BUTTER LOVER
crunchy peanut butter, dates, macadamia milk, banana

SUPER SLICKER
pineapple, pear, lemon, mint, ginger, coconut water
C4
coffee, cacao, coconut, banana, coconut water

Orange juice 7.

Organic kombucha 6.

Coconut water 6.

House-made sticky chai 6.

CHOCOLATE

hot 5.

iced 7.

COFFEE

ESPRESSO

short 3.

regular 4.

large 4.

+extra shot 50C

+soy/macadamia 50C
almond/oat

AFFOGATO

vanilla bean gelato & espresso

7.

FILTER

cold drip 5.

V60 7.

batch brew 5.

BARISTA BOARD

This weeks single origin 7.
a shorty + a milky

COLD COFFEE

iced latte 5.

iced mocha 7.

iced coffee 7.