

# Supporting regenerative farmers

Nourishing foods do not only feed our bodies and mind but assist with regenerating biodiversity in our environment. Over our 14 years of working with food we now know more than ever our health is a byproduct of how our food is sourced. Regenerative and ethical farming practices nourish the soil by naturally fertilising the ground. By restoring the soil, we are not only contributing towards holding carbon which assists with climate change, we are also participating in nourishing animals through nutrient dense vegetation. It's essential we support the correct farming practices as wild spaces are consistently removed by monocrop toxic conventional practices to only support one need which is money. The more biodiversity we remove through this greed, the faster our natural habitat will decline and so will our health. By supporting the correct practices, you are part of the solution. Your everyday choices is your greatest contribution to our environment.

*Our grocery store Sans offers a full diverse locally sourced seasonal one stop shop supporting regenerative organic practices.*



LOADING BAY

## Breakfast

Mashed avo on toasted sourdough	70
Poached eggs on toasted sourdough	78
Simple scrambled eggs with toasted sourdough	85
Breakfast brioche bun – streaky bacon, home made chutney, scrambled eggs and cheese	85
King oyster mushroom ragout	95
Green goodness – organic kale and spinach blanched in butter, tossed in sesame seeds, lemon zest and chili flakes. Served with green goodness sauce, two poached eggs and grated asiago cheese (Add bacon 30)	95
Red roots – baby beetroot and carrots blanched in butter, served with goats' cheese, cauliflower and beetroot puree with two poached eggs (Add trout: 55)	95
Bircher oats – organic rolled oats with apple, ginger, pear, farm yogurt and berry compote	90
Crushed coconut and almond porridge served with quinoa, cardamon, caramelised banana, hazelnut, toasted coconut flakes and seasonal berries	90
Honey roasted granola, farm yogurt, buchu and lemongrass syrup	95
Add:	
Poached egg	15
Mushrooms	30
Trout fillet	55
Bacon	30
Tomato relish	20
Avocado	20

## Nourishing spreads with our toasted sourdough

*Our sourdough is baked fresh daily using naturally fermented yeast and organic flour*

Chicken liver and bacon with thyme, farm butter and bone broth	80
Hot smoked trout with cream, parsley and egg	70
Crispy bacon, tomato and thyme with roasted herbs	65
Bone marrow butter with rosemary, thyme and sea salt	50
Toasted sourdough and whipped farm butter	40

## Sweet

Buttermilk pancakes (available on weekends and public holidays)	110
Ricotta, lemon and rosemary polenta cake, whipped vanilla coconut cream and almonds	68

## Bistro nourishment

Classic burger – 150g grass fed chuck and brisket patty, gherkins, onion and mature cheddar on our brioche roll (Add bacon: 30, bone marrow butter: 20)	90
Chicken burger – pan fried buttermilk chicken burger with homemade aioli on our brioche roll	80
Simple chicken – pasture raised pan fried chicken with sourdough crumbs and crispy bacon served with an avocado and yogurt dressing. Garnished with lemon zest, sesame seeds and chilli flakes. Served with baby greens	120
Classic grilled cheese – homemade chutney, mature cheddar, marinated tomato and cabbage on toasted sourdough (Add bacon: 30)	75
Croque monsieur – gratinated with cheese and ham	80
The Reuben – cured angus brisket, sauerkraut, pickles, cheese and Russian dressing	95
Sides:	
Baby salad greens	45
Hand cut truffle fries	50
Rosemary potato crisp	45
Braised leeks in vinaigrette	45
Baby beetroot, creamed horseradish and crushed almonds	50

## Fish

*Supporting our ocean by fishing correctly*

Catch of the day – abalobi catch of the day, pan fried with butter, fennel, white wine and shallots served with hand cut fries	140
Sardines – pan fried sardines in a coriander and citrus spiced tomato sauce served with baby salad greens	110
Yellowfin tuna tartar – tamari dressing, coriander, lime, avocado, sesame seeds and sesame oil	150

## Salad

Chicken Caesar salad – baby greens, crispy bacon, sourdough croutons, classic Caesar dressing with subtle anchovy dressings, parmesan and grilled chicken	130
Burrata – home made tomato relish and wild rocket (Add ham: 45)	120
Nourishing salad bowl - caramelised butternut, pickled baby beetroot, avocado, turmeric barley, mixed seeds, baby salad leaves and hummus (Add wild mushrooms: 30, poached egg: 15, grilled chicken: 40, wild trout: 55)	85

10% gratuity included on all sit down tables



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