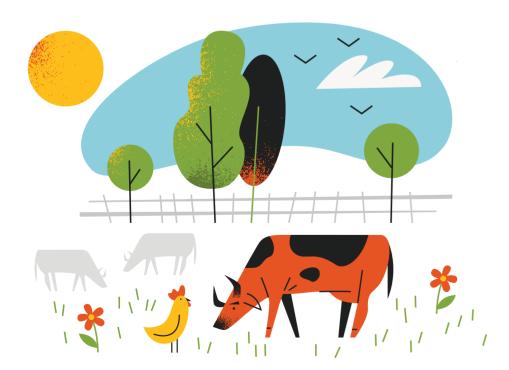
Supporting regenerative farmers

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 Bistro nourishme

vanilla coconut cream and almonds

Ricotta, lemon and rosemary polenta cake, whipped

Breakfast				Bistro nourishment	
Mashed avo on toasted	Mashed avo on toasted sourdough			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
Poached eggs on toasted sourdough			78		
Simple scrambled eggs with toasted sourdough			85	Chicken burger – pan fried buttermilk chicken burger with	80
Breakfast brioche bun – chutney, scrambled egg		, home made	85	homemade aioli on our brioche roll Simple chicken – pasture raised pan fried chicken with	120
King oyster mushroom ragout			95	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	
Green goodness – organic kale and spinachblanched 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	Classic grilled cheese – homemade chutney, mature cheddar, marinated tomato and cabbage on toasted sourdough (Add bacon: 30)	75
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	Croque monsieur – gratinated with cheese and ham	80
Bircher oats – organic rolled oats with apple, ginger, pear, farm yogurt and berry compote			90	The Reuben – cured angus brisket, sauerkraut, pickles, cheese and Russian dressing Sides:	95
Crushed coconut and almond porridge served with quinoa, cardamon, caramelised banana, hazelnut, toasted coconut flakes and seasonal berries			90	Baby salad greens 45 Baby beetroot, Hand cut truffle fries 50 creamed horseradish Rosemary potato crisp 45 and crushed almonds Braised leeks in vinaigrette 45	50
Honey roasted granola, farm yogurt, buchu and lemongrass syrup			95	_	
Add: Poached egg Mushrooms Trout fillet	15 30 55	Bacon Tomato relish Avocado	30 20 20	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
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				Sardines – pan fried sardines in a coriander and citrus spiced tomato sauce served with baby salad greens	110
			80	Yellowfin tuna tartar – tamari dressing, coriander, lime, avocado, sesame seeds and sesame oil	
Hot smoked trout with cream, parsley and egg			70	_	
Crispy bacon, tomato and thyme with roasted herbs			65	Salad	
Bone marrow butter with rosemary, thyme and sea salt			50	Chicken Caesar salad – baby greens, crispy bacon, sourdough croutons, classic Caesar dressing with subtle anchovy dressings, parmesan and grilled chicken	130
Toasted sourdough and whipped farm butter			40		
_				Burrata – home made tomato relish and wild rocket (Add ham: 45)	120
Sweet Buttermilk pancakes			110	Nourishing salad bowl - caramelised butternut, pickled baby beetroot, avocado, turmeric barley, mixed seeds, baby salad leaves and hummus (Add wild mushrooms: 30,	85
(available on weekends and public holidays)			110	poached egg: 15, grilled chicken: 40, wild trout: 55)	

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10% gratuity included on all sit down tables

