

Our approach to food has always been about the source of the ingredients. We want to celebrate these ingredients as they come from farmers who want to nourish the environment and as a by-product ourselves.

## **YOU ARE WHAT YOU EAT, AND IT STARTS FROM THE SOURCE.**

### NOURISHMENT ANY TIME OF THE DAY

#### ANCIENT GRAIN PORRIDGE 85

Activated spelt and sorghum mixed with cardamom and caramelised butter. Served with farm style whole yogurt, seasonal compote and roasted stone fruit

Options: alternative coconut yogurt 10

#### WARM CRUSHED COCONUT AND ALMOND PORRIDGE 85

Activated crushed almonds, quinoa and coconut. Scented with cardamom, caramelised banana, hazelnut, toasted coconut flakes and seasonal berries.

#### HONEY ROASTED CLASSIC GRANOLA 85

Roasted organic rolled oats, almonds and cashews with honey, served with whole yogurt, berry compote, fresh fruit and lemongrass syrup topped with mint and toasted flaked almonds.

Options: alternative coconut yogurt 10

#### MASHED AVO ON SOURDOUGH 65

Topped with black sesame seeds, lemon zest and chilli flakes.

Add a poached egg 12

Add Mushrooms 25

Add Trout fillet 55

Add Crispy bacon 25

#### SIMPLE SCRAMBLED EGGS 75

Pasture-raised eggs scrambled with sourdough.

Add Tomato relish 15

Add Avocado 15

Add Bacon 25

Add Mushrooms 25

Add Wild Trout 40

#### KING OYSTER MUSHROOM RAGOUT 95

King oyster mushrooms sauteed in butter, tarragon and cream. Served with a poached egg and sourdough.

Add crispy bacon 25

#### GREEN GOODNESS 95

Organic kale and spinach blanched in butter tossed in sesame seeds, lemon zest and chilli flakes. Served with green goodness sauce, two poached eggs and grated Asiago cheese.

Add bacon 25

#### RED ROOTS 95

Baby beetroot and carrots blanched in butter, served with goats cheese, cauliflower and beetroot puree with two poached eggs.

Add trout fillet 45

#### CLASSIC GRILLED CHEESE 75

Homemade chutney, mature cheddar, and cabbage on toasted sourdough

Add Bacon 25

#### BREAKFAST BUN 70

Homemade brioche Bun, fried egg, crispy bacon and homemade chutney

#### CLASSIC BURGER 120

120g grass-fed chuck and brisket patty with mature cheddar on our brioche roll.

Served with hand-cut fries and homemade basil mayo

Classic or garnished

#### CATCH OF THE DAY 120

Abalobi catch of the day. Pan-fried with butter, fennel, white wine and shallots. Served with hand-cut fries.

#### SIMPLE CHICKEN 110

Pasture-raised chicken pan fried in sourdough crumbs and bacon bits served with an avocado and yogurt dressing, lemon zest, sesame and chilli flakes. Served with baby salad greens

#### NOURISHING KALE BOWL 95

Kale lightly sautéed with lemon zest, chilli, sesame, served with quinoa, homemade fermented vegetables, avocado and tahini dressing.

Add poached egg 12

Add wild mushrooms 25

#### BUTTERMILK PANCAKES 2.0 (WEEKENDS AND PUBLIC HOLIDAYS ONLY) 95

Farm style buttermilk pancakes served with seasonal compote, buckwheat butter and salted tahini caramel. Topped with seasonal fruit, cinnamon and Canadian maple syrup.

#### SIDES

Baby salad greens 45 | Hand-cut fries 45