

# 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 with sauerkraut and sprouts	80
Poached eggs on toasted sourdough	78
Simple scrambled eggs with toasted sourdough (Add crispy bacon, tomato and roasted herb relish: 40)	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 chilli 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 fillet: 60)	95
Organic rolled oats soaked in cold pressed apple juice with grated ginger and pear topped with thick yoghurt, berry compote, fruit and berries	90
Crushed coconut and almond porridge served with quinoa, cardamon, caramelised banana, hazelnut, toasted coconut flakes and seasonal berries. Served chilled	90
Honey roasted granola, farm yoghurt, buchu and lemongrass syrup	95
Add:	
Poached egg	15
Mushrooms	30
Trout fillet	60
Bacon	35
Tomato relish	25
Avocado	20

## Nourishing spreads served on toasted sourdough

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

Chicken liver sauteed with bacon, herbs, farm butter and bone broth. Broth served as a nutrient dense paste	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

## Sweet

Buttermilk pancakes served with toasted buckwheat, butter and organic sugar spread topped with seasonal berries and maple syrup (available on weekends and public holidays)	110
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## 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	90
Simple chicken – pasture raised pan fried chicken with sourdough crumbs and crispy bacon served with an avocado and yoghurt 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

## 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 or salad greens	150
Fresh water local trout tartar served with tamari dressing, coriander, lime, avocado, greens topped with sesame seeds and chilli flakes on sourdough toast	150

## Salad

Baby beetroot, creamed horseradish, crushed almonds with a vinaigrette sauce and sourdough crisp bread	95
Chicken Caesar salad – baby greens, crispy bacon, sourdough croutons, classic Caesar dressing with subtle anchovy dressing, parmesan and grilled chicken	130
Fresh homemade Italian style Burrata served with fresh rocket and heirloom tomato relish (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: 60)	95
Quinoa nourishing bowl with sauerkraut, kale, baby beetroot, pickles, chopped carrots and yoghurt vinaigrette dressing (Add wild mushrooms: 30, poached egg: 15, grilled chicken: 40, wild trout: 60)	95
Fresh trout and edamame green bowl - with avocado, tender stem broccoli, spring onions and sesame seeds (Add sprouted barley or quinoa: 40)	130