

ALL DAY BREAKFAST

(V) VEGETARIAN, (VO) VEGETARIAN OPTION, (VG) VEGAN, (VGO) VEGAN OPTION, (GF) GLUTEN FREE, (GFO) GLUTEN FREE OPTION, (LF) LACTOSE FREE, (LFO) LACTOSE FREE OPTION (H) HALAL FRIENDLY

TOAST LFO, VO, VGO, GFO, HO \$10.00
two slices of multigrain, rye, white sourdough bread or fruit bread served with butter and a choice of jam, honey, marmalade, peanut butter or vegemite. **gluten free toast option \$11.50**

LAURA'S GRANOLA V \$14.50
gourmet granola with greek yoghurt and fresh fruit.
(please ask our staff for today's variety)

BLUEBERRY & RICOTTA PANCAKES V, H \$19.50
two pancakes, blueberry sauce, lemon curd, lemon crumble, ice cream

EGGS ON TOAST GFO \$14.00
two free range eggs cooked your way on buttered sourdough toast

SMASHED AVO V, H, GFO, LFO \$21.50
multigrain toast, heirloom tomatoes, feta, toasted seeds, kalamata olive soil, sumac lemon
add poached egg one \$2.50 two \$5.00

CHILLI SCRAMBLE EGGS (GFO) \$18.00
herb mix, chilli shallots, pecorino cheese, sourdough toast

EGGS BENEDICT GFO \$18.50
grilled thick cut ham, poached eggs, toast, herb hollandaise & bacon dust

POYNTONS BIG BREAKFAST \$28.00
two eggs (scrambled, fried or poached) buttered sourdough toast, bacon, pork sausage, grilled tomatoes, mushroom, house made ham hock beans, hash brown

BACON & EGG ROLL GFO, LFO \$17.50
tasty cheese, fresh baby spinach, aioli, house made tomato & onion chutney, damper roll

SALMON BREAKFAST ROLL GFO \$21.00
poached eggs, pickled red onion, cream cheese, capers, hollandaise, damper roll

PUMPKIN, SAGE AND PARMESAN FRITTERS V, H \$22.00
poached eggs, mixed salad, garlic labneh, capsicum puree, sweet potato crisps

Feeling the need for a little bit more:

smoked salmon \$7.00
thick cut ham or bacon \$5.50
hash brown, mushrooms, halloumi or smashed avo \$5.00
feta, grilled tomato or sautéed baby spinach \$5.00
herb hollandaise or tomato relish \$3.50
egg – fried, poached or scrambled one \$2.50 or two \$5.00
additional condiments, sauce & spreads \$1.00

*Sorry, no alterations to menu on weekends
15% surcharge applies all Public holidays*

LUNCH MENU FROM 11 AM

CROISSANT
plain \$4.00
ham, cheese, tomato \$6.50

ROAST TURKEY SANDWICH GFO \$16.00
bacon, brie, spinach, cranberry sauce, multigrain bread
add fries \$5.00

REUBEN SANDWICH GFO \$16.00
corned beef, dijon mustard, swiss cheese, sauerkraut, thousand island dressing, pickle, rye bread
add fries \$5.00

SMOKED CHICKEN AND POACHED PRAWN SANDWICH \$18.00
aioli, celery, tarragon, sourdough bread
add fries \$5.00 GFO

ARANCINI \$17.50
served with napoli sauce, orange & fennel salad, french dressing
(please ask our staff for today's variety)

QUICHE OF THE DAY \$17.50
house made quiche, nursery salad, french dressing
(please ask our staff for today's variety)

'WONDER PIE' \$17.50
handcrafted short crust pastry, topped with puff pastry, finished with a french glaze, mixed salad, tomato & onion chutney
(please ask our staff for today's variety)

SALT & PEPPER CALAMARI H, LFO \$21.50
garden salad, fries, house made tartare sauce, lemon

GARLIC PRAWN LINGUINE \$25.00
white wine, tomatoes, herb and garlic shallots, shaved parmesan

THAI BEEF SALAD GFO \$23.50
lettuce, cucumber, capsicum, bean shoots, chilli, fresh herbs, crispy shallots, peanuts, noodles, green sauce dressing

SMOKED CHICKEN RISOTTO GF \$24.00
mushroom, garlic, herb shallots, spinach, white wine, shaved parmesan

QUINOA SALAD V GFO \$18.50
tri colour quinoa, mixed leaves, tomato, onion, avocado, feta, balsamic and olive oil dressing
add chicken \$7.00 add seafood \$10.00

BEER BATTERED FISH & CHIPS GFO \$25.00
garden salad, fries, house made tartare sauce, lemon
additional piece of fish \$10.00

BURGER OF THE DAY GFO \$22.50
served with fries, tomato sauce
(please ask our staff for today's variety)

FRIES \$10.50
served with tomato sauce and aioli

CHILDREN - ALL DAY BREAKFAST

Children under 12 years ...

PANCAKE	\$10.00
one blueberry & ricotta pancake with maple syrup and ice cream	
EGG ON TOAST	\$10.00
add bacon \$1.50	
TOAST (1 PIECE)	\$4.00
butter, house made jam, peanut butter or vegemite	
TOASTIE	\$10.00
honey leg ham, tasty cheese	

CHILDREN - LUNCH MENU FROM 11.00AM

Children under 12 years ...

MACARONI PASTA	\$13.50
buttered, roast tomato sauce or creamy cheese sauce all served with parmesan	
BEER BATTERED FISH & CHIPS	\$13.50
fries, tomato sauce, lemon	
CHICKEN NUGGETS	\$13.50
fries, tomato sauce	
SALT & PEPPER CALAMARI	\$13.50
fries, aioli, lemon	

SWEET TREATS

STICKY DATE PUDDING	\$9.50
house made - warm sticky date pudding, butterscotch sauce, cream	
SCONES - THE PERFECT MORNING OR AFTERNOON TEA	
house made - 2 scones served with jam & cream	\$9.00
1 scone served with jam & cream	\$4.50
ASSORTED SMALL CAKES, SLICES & TARTS	\$9.00
<i>please check display cabinet for today's selection</i>	
MUFFINS - AN ALL-TIME FAVOURITE	\$5.50
apple, blueberry or pear chocolate	
BANANA BREAD	\$8.50
warmed & served with maple syrup, cream	
MANUKO ORGANIC RAW SLICES GF, VEG, DAIRY FREE	\$6.00
<i>Please check our display cabinet for varieties.</i>	
LAURA'S PROTEIN BALLS VG, GF	\$4.00
<i>Please check our display cabinet for varieties.</i>	

BEVERAGES

Coffee by Inglewood Coffee Roasters

COFFEE (REG SIZE)	\$4.50
latte, cappuccino, flat white, macchiato, espresso	mug \$5.50
decaf (extra).50	
turmeric latte (reg size)	\$5.00
	Mug \$6.00
ALTERNATIVE MILK	
- soy, almond, lactose free, oat milk (extra \$1.00)	
iced coffee, iced chocolate	\$6.50
chai latte, hot chocolate	\$5.50
MANUKO specialty hot chocolate - mint, rose	\$6.00
affogato	\$5.00
ASSORTED TEAS	\$5.00
english breakfast, earl grey, camomile, lemongrass & ginger, peppermint, green, sticky chai	
ICED TEA	\$5.00
lemon, peach	
WATER	
san pellegrino mineral water	500ml \$5.00
	1 litre \$8.00
bottled water	600ml \$4.00
FRESH FRUIT JUICE- CREATE YOUR OWN COMBINATION.	
apple, orange, pineapple, watermelon, carrot, ginger	\$8.00
NOAH'S FRUIT JUICE	\$5.20
<i>please ask our staff for flavours</i>	
COLD DRINKS	\$4.00
soft drink - coke, diet coke, zero sugar, lemonade, solo, sunkist, pepsi max	
kids- pop tops	\$3.00
soda water, ginger ale, lemon lime & bitters 300ml	\$3.50
kombucha	\$5.50
san pellegrino chinotto	\$5.90
spiro natural soft drinks - lemon, blood orange, chinotto	\$5.50
MILKSHAKE	\$7.00
chocolate, strawberry, vanilla, caramel, banana	
KIDS - MILKSHAKE	\$4.00

Please ask staff for our
Beer, wine & cider selection