

GOURMET SANDWICHES

All day available

	Ham Cheese Tomato Sandwich	12.5
ŀ	Ham, Cheese, tomato on sourdough/turkish/flatbread/	
١	wholemeal/white/croissant/gluten free+1.5	

Breakfast Burrito Scrambled free range eggs, hash brown, tomato, avocado, Jalapeno relish on wrap

Almond Chicken Flatbread 14.5

Marinated chicken breast, mayo, paprika, roasted almond flakes, onion, baby spinach on flatbread

14.5 Avocado Chicken Schnitzel Wrap Fresh sliced avocado, lettuce, chicken schnitzel, mayonnaise

Smoked Salmon & Cream Cheese Bagel 15.5 Smoked salmon, cucumber, dill crème fraiche capers on bagel

Chicken sandwich with Sourdough

Chicken, walnut, celery, shallots, mustard, mayo on sourdough

All sandwiches served with side salad

Assorted Pastries Please ask our friendly wait staff for freshly today's special



KIDS MENU

Kids Egg on Toast	8.5
Scrambled free range eggs, crispy potato gems on white	toast
ADD: Bacon +3	

Kids Pancakes 10.9 Banana pancakes (2 pieces), vanilla ice cream, fresh seasonal

fruit, maple syrup

Tempura Chicken Nuggets Crispy chicken nuggets (6 pieces) served with chips & tomato sauce

10.9 Fish & Chips Lightly fried flathead fish served with chips & tomato sauce

10.9 **Cheese Burger** Beef patty, cheese & tomato sauce on milk bun **Cheesy Soldiers** 5.5 Babycino 1.5 Kids Freshly Squeezed Juice Choices of apple, orange, watermelon

Kids Milkshakes

Choices of vanilla, caramel, strawberry, banana or chocolate



ALL DAY BREAKFAST

Gluten free bread available for all meals +1.5

18

15

21

ridge (VG)

Rolled oats and organic semolina porridge with homemade poached pear, fresh organic berries, crunch gluten free granola and rhubarb compote with honey on the side

Acai Bowl (V) (DF) 17

100% organic Acai, banana, paleo granola, fresh seasonal fruit, freeze-dried berries, coconut water, honey on the side

Avocado Bruschetta (V) 19

Lightly toasted turkish bread with smashed avocado, crumbled fetta, cherry tomato, rocket, olive oil, and vinaigrette dressing

Halloumi & Avocado Stack(V) 19

Grilled halloumi, smashed avocado, kale, poached free range egg, green goddess dressing on wholemeal

Big Brekky

Free range eggs as you way, double rasher bacon, fresh avocado, grilled haloumi, roasted cherry tomatoes, Satureed spinach and hash brown, served with sourdough

Egg Benedict

Two free range poached eggs, sauteed spinach, hollandaise served on toasted sourdough with your choice of smoked salmon, bacon, or ham

Smashed Avocado (GF available)

Avocado, crumbled fetta, fresh cherry tomato, pomegranate, topped with home-made dukkah, herb oil and almond flakes on toasted sourdough (V)

ADD: Poached egg +2.50

Classic Bacon & Egg roll

Two pieces grilled bacon, fried free range egg, potato gems, served with aioli & bbg sauce on brioche.

ADD: Avocado+4

XO Chilli Scrambled Eggs

Scrambled free range eggs, XO sauce, baby spinach, cherry tomato, chilli flakes, Dukkah on sourdough

Any Time Eggs (V) 14

Two free range eggs as your way served with sourdough

13.5 **Create Your Own Omelettes**

Free range eggs omelettes served with sourdough

Choose Fillings

Chicken +2/Bacon +2/ Ham +2/Chorizo +2/Avo +2/Cheese +2 Vegetable +1 per each

(mushroom/capsicum/onion/tomato/spinach/rocket)

5.5 Just Toast (2 pieces)(V)

Sourdough, wholemeal, white, Turkish, fruit toast(+1), Gluten free (+1.5) with butter/jam/vegemite/peanut butter or honey

Smoked salmon	+7	Grilled tomato	+3
Grilled bacon (2 pieces)	+6	Hash brown	+3.5
Chorizo	+5	Potato gem	+5
Smashed avocado	+4	Beer battered chips	8
Grilled Halloumi	+4	Sweet Potato chips	9

V - Vegetarian VG - Vegan DF - Dairy Free GF - Gluten Free



MEDITERRANEAN BOWL (V VG GF) Falafel, roasted pumpkin, quinoa tabouli, seasoned avocado,

cucumber ribbons, ajvar, tahini dressing, sumac onion and cabbage

TRUFFLE MUSHROOM BRUSCHETTA (V)

Assorted organic medley of forest mushroom and kale cooked in white wine and truffle oil, fresh herbs and garlic, crispy enoki, served with grated parmesan and a poached egg on toasted sourdough

Double rasher bacon, smashed avocado, fresh slice tomato, mixed lettuces, served with aioli sauce on Turkish.

Corn Fritters 18 Grilled home-made corn fritters, smashed avocado, a free-range poached egg, tomato relish, served with garden salad on the side.

Tempura Fish Taco

Tempura flathead fillets, corn, house slaw, chipotle mayo, jalapeno, coriander on tortilla

Chicken Schnitzel

Herbed chicken schnitzel, panko crusted parmesan, seasonal sumac salad, mushroom marsala sauce with side chips

Chargrilled Cauliflower Salad(V)

Chargrilled cauliflower, pearl cous cous, roasted carrot, chickpea and edamame, crispy almond flakes, sultana, fresh mint and parsley, w/olive dressing

ADD: Marinated chicken breast +4

Chicken Caesar Salad

Grilled marinated chicken breast, cos lettuce, grilled bacon, crunch croutons, poached free range egg, homemade Caesar dressing

Halloumi & Chicken Salad

Grilled halloumi, marinated chicken breast, cherry tomato, cucumber, onion, pomegranate, roasted almond flakes, mixed green, crispy wonton skin, avocado hummus, French dressing ADD: Avocado +4

Pulled Lamb Salad

23 10 hours slow cooked shredded lamb, beetroot hummus, mixed green,

edamame bean, radish, onion, pickled cucumber, quinoa, roasted almond flakes, homemade mint yogurt dressing

Wagyu Beef Burger

Wagyu beef patty, crispy bacon, cheese, mixed green, tomato, onion, pickles, aioli sauce on milk bun with side chips

BBQ & aioli sauce on milk bun with side chips

Grilled Chicken Burger Marinated chicken breast, mixed green, tomato, crispy onion rings,

Garlic Butter Prawn Pasta

Prawns, cherry tomato, rocket, parsley, cooked with Pinot Grigio white wine & garlic butter with parmesan cheese



protein Banana pancakes

Homemade banana jam, mixed berry coulis, gluten free granola, freeze-dried mixed berries, Peanut butter, crush pistachio, vanilla ice cream, w/coconut butterscotch sauce



COFFEE / TEA

	-	
spresso	3.7	
istretto	3.7	
lacchiato	3.8	
ong Black	4.5	
iccolo Latte	4	
lat White	4.5	
appuccino	4.5	
atte	4.5	
locha	4.8	5.
hai Latte	4.8	5.
irty Chai	5.3	5.
latcha Latte	5.3	5.
urmeric Latte	5.3	5.
ot Chocolate xtra shot / Decaf / Soy / Almond / Oat / Lactose F yrup / Vanilla syrup / Hazelnut syrup +0.7	4.8 ree /Cara	5.
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Loose Leaf Teapot English Breakfast, Earl Grey, Chai, Peppermint, Green, Lemongrass

& Ginger Extra Honey +0.5

COLD DRINKS

Iced Coffee	8
Iced Chocolate	8
Iced Mocha	8
Iced Latte	7.5
Iced Long Black	6.5
Coffee Frappe (Vanilla/Caramel/Hazelnut)	8
Iced Matcha Latte	8
Iced Coconut Latte	8

SHAKES SMOOTHS & CRUSHES

Milkshakes (Strawberry/vanilla/caramel/chocolate/banana)	8
Acai Smoothie	9.5
Fruit Smoothies Banana/mixed berries/mango	9.5
Frizzy Cherry Cherry syrup, crushed ice, popping pearls with lemonade	9
Watermelon Crush Blended fresh watermelon, crushed ice, mint, lime, popping	9 pearl

FRESHLY SQUEEZED JUICE

Daily Five Apple, beetroot, carrot, ginger, orange	9
Detox Apple, kale, cucumber, celery, ginger, lemon	9
Melon Star Watermelon, orange, mint, pineapple	9
Oranggo Passion Orange, mango, passionfruit	9
OR Create Your Own Please check with staff for the current range	9