

5 LOAVES 2 FISH



CHILLI CRAB SCRAMBLE



(D, GF-A, DF-A)

CREAMY SCRAMBLED EGGS ON TOASTED SOURDOUGH WITH BLUE SWIMMER CRAB, XO SAUCE, HOUSE-MADE CHILLI OIL, CRISPY SHALLOTS & FRESH CHILLI

26

TRUFFLE MUSHROOMS

(V, GF-A, DF-A)

TOASTED SOURDOUGH LAYERED WITH TRUFFLE MUSHROOMS, POACHED EGGS, ROCKET, PARMESAN & A DRIZZLE OF TRUFFLE OIL.

22

EGGS BENNY

(D, V, GF-A)

TWO POACHED EGGS ON A BED OF SAUTÉED SPINACH SERVED W/ TOASTED SOURDOUGH & TOPPED WITH RICH HOLLANDAISE SAUCE

18

ADD: SALMON \$7 / BACON \$6

HOUSE-MADE GRANOLA

(VG, DF, N)

HONEY ROASTED OATS, NUTS & SEEDS W/ COCONUT YOGHURT, FRUIT COMPOTE, FRESH SEASONAL FRUIT & CANADIAN MAPLE SYRUP

17

HARVEST OATS

(V, D, N)

SLOW-COOKED OATS WITH MILK, TOPPED WITH REHYDRATED PRUNES, SEASONAL FRUIT & A SPRINKLE OF DRIED FRUIT

14

TOASTED ARTISAN BREAD

TWO SLICES OF BREAD W/ BUTTER & PRESERVE

SOURDOUGH / SOY LINSEED / FRUIT TOAST

ADD: GLUTEN-FREE BREAD \$2

9

EGGS YOUR WAY ON TOAST

(V, GF-A, DF-A)

POACHED, SCRAMBLED OR FRIED

15

SMASHED AVO

(D, N, GF-A, VG-A,)

SMASHED AVOCADO ON SOURDOUGH, TOPPED WITH CHERRY TOMATOES, A SPRINKLE OF DUKKAH, CREAMY RICOTTA & OUR SIGNATURE HOUSE CHILLI OIL

ADD: POACHED EGG \$3 / BACON \$6

17

BAKED SHAKSHUKA

(GF-A, V, VG-A)

BAKED EGGS IN A HOUSE-MADE TOMATO BLEND WITH RED CAPSICUM, SPANISH ONION, SPINACH, CORIANDER & CHILLI FLAKES. SERVED WITH THICK-CUT SOURDOUGH.

ADD: CHORIZO \$6

18

SAFFRON OMELETTE



(V, D)

GOLDEN SAFFRON OMELETTE LOADED WITH MUSHROOMS, KALE SLAW & SPRING ONIONS, TOPPED WITH PARMESAN TUILE, SAFFRON SAUCE, FRESH CHIVES & A SIDE OF THICK TOASTED SOURDOUGH.

23

RIB & RISE



(GF, D)

SLOW-COOKED BEEF SHORT RIB SERVED WITH CRISPY POTATOES, A SUNNY-SIDE EGG, CHARRED TOMATOES & FINISHED WITH A VELVETY BÉARNAISE SAUCE

26

BREAKFAST BURRITO

(DF-A, V-A)

CRISPY BACON, FLUFFY SCRAMBLED EGGS, BLACK BEANS, SRIRACHA, HOUSE CHILLI & BABY SPINACH

19

HOUSE STACK



(N, D)

GRILLED SAUSAGE PATTY AND FRIED EGG STACKED ON A TOASTED ENGLISH MUFFIN, FINISHED WITH 5L2F SPECIAL SAUCE & GRATED PARMESAN

14

BACON & EGG ROLL

(GF-A, DF-A)

CRISPY BACON, FRIED EGG, JAPANESE MAYO, SRIRACHA, SMOKEY BBQ SAUCE & GRATED PARMESAN ON A SESAME MILK BUN

16

ADD SIDES - TO ANY MAIN

AN EXTRA EGG \$3

FRESH AVO / SPINACH \$3

ROASTED TOMATOES / MUSHROOMS / KIMCHI \$4

AN EXTRA SLICE OF SOURDOUGH \$4

SMASHED CRISPY SPUDS \$5

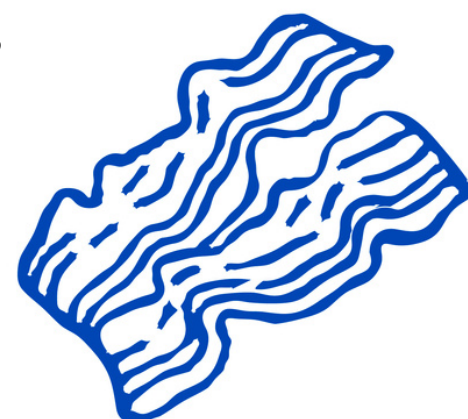
BACON / HALLOUMI / CHORIZO \$6

SMOKED SALMON \$7

SCRAMBLED (3) EGGS \$9

CHICKEN SOUVLAKI \$10

BARRAMUNDI FILLET \$12



PLEASE NOTE WE HAVE A 10% SURCHARGE ON SUNDAYS

TRIPLE B - BEEF BULGOGI BOWL (DF)	24
TENDER BEEF WITH MIXED GRAINS, AVO, CHERRY TOMATOES, KIMCHI, CUCUMBER & CABBAGE SLAW. TOPPED WITH FRIED SHALLOTS & A BOLD BULGOGI SAUCE.	
MOROCCAN BAKED PUMPKIN (D, DF-A)	22
MOROCCAN-SPICED PUMPKIN WITH GRILLED HALLOUMI, COCONUT YOGURT, ROASTED SPANISH ONION & TRUSS TOMATOES. FINISHED WITH A DRIZZLE OF HOUSE CHILLI OIL.	
THE SEASONAL BARRA (GF, DF)	26
CRISPY SKIN BARRAMUNDI SERVED WITH HEARTY GRAINS, SAUTÉED GREENS, RADISH & A WARM CHERRY TOMATO VIERGE.	
CALI POKE BOWL (DF)	25
PONZU-CURED SALMON ON A BED OF SUPER GRAINS, MIXED W/ CHERRY TOMATOES, EDAMAME, WAKAME, CUCUMBER, SMASHED AVOCADO & A POACHED EGG	
KOREAN TACOS (D, GF-A)	22
JUICY PRAWNS WITH CRUNCHY CABBAGE SLAW & A SPICY GOCHUJANG CHILLI KICK, TOPPED WITH SMASHED AVOCADO, CHERRY TOMATOES & FRESH CORIANDER SERVED ON A WARM TORTILLA	
CHICKEN FAJITAS (D, GF-A)	20
MARINATED SPICED CHICKEN W/ CRISP CABBAGE SLAW, CORIANDER, CRISPY SHALLOTS, & OUR HOUSE-MADE PERI PERI SAUCE SERVED ON A WARM TORTILLA	
ADD: AVOCADO \$3	
THE SOUVLAKI (GF, D, DF-A)	23
SPICE-RUBBED CHICKEN BREAST SERVED W/ MIXED GRAINS, KALE, CHERRY VINE-ROASTED TOMATOES, CREAMY LABNEH, ZESTY PICKLED SHALLOTS, RICH EGGPLANT SALSA & CRISP RED RADISH	
CORN FRITTERS (D, V, DF-A)	24
GOLDEN TURMERIC-SPICED FRITTERS SERVED WITH HOUSE-MADE TOMATO RELISH, GRILLED HALLOUMI, SMASHED AVOCADO & A POACHED EGG.	
ADD: SALMON \$7 / BACON \$6	

GREEN NOURISH (V, DF, GF-A, VG-A)	17
SAUTÉED GREENS ON SOURDOUGH TOPPED W/ DUKKAH, SMASHED AVOCADO, A POACHED EGG & SALSA VERDE.	

SOMETHING SMALL

LEMON CHICKEN AVO SANDWICH (D, GF-A,)	17
LEMON-INFUSED CHICKEN BREAST LAYERED W/ CREAMY AVOCADO, TASTY CHEESE, JAPANESE MAYO & FRESH SALAD ON FRESH CIABATTA	

BRUNCH BRUSCHETTA (D, GF-A, DF-A,)	15
CREAMY WHIPPED RICOTTA & TOASTED CHERRY TOMATOES ON THICK SOURDOUGH, DRESSED WITH VIBRANT SALSA VERDE & A BALSAMIC GLAZE FINISH.	

PERFECT PAIR (V, GF-A)	14
CREAMY TOMATO SOUP SERVED WITH A THICK OPEN CHEESE MELT TOASTIE	

TOASTIE (GF-A)	
ADD ANY OF THE FOLLOWING: HAM / CHEESE / BACON / TOMATO	

CROISSANT	
ADD ANY OF THE FOLLOWING: HAM / CHEESE / TOMATO / JAM / BUTTER / NUTELLA	

SUBJECT TO AVAILABILITY

SOMETHING SWEET

BUTTERMILK RICOTTA HOTCAKES (D)	26
SEASONAL FRUIT, BRÛLÉED BANANA, MIXED BERRY COMPOTE, SEEDS, MASCARPONE CREAM & CANADIAN MAPLE SYRUP	
(BEST SHARED AFTER A MEAL ~PLEASE ALLOW 15 MINUTES)	

CHECK OUT OUR CAKE DISPLAY FEATURING A DELICIOUS SELECTION OF CAKES, MINI MUFFINS AND OTHER GOODIES.
SUBJECT TO AVAILABILITY

V = VEGETARIAN

VG = VEGAN

GF = GLUTEN FREE

DF = DAIRY FREE

D = CONTAINS DAIRY

N = CONTAINS NUTS

-A = AVAILABLE

 = SIGNATURES