

LOADING BAY

All day menu

Bircher muesli With fresh fruit and seasonal berries, served with a pumpkin and citrus puree	95
Nut and seed granola crunch Served with vanilla bean buffalo yogurt, soaked chia seeds and mixed seasonal fruit and berries	95
Health bowl with almond nut milk Healthy mixture of quinoa, oats, fresh fruit ad berries and chia seeds soaked in vanilla bean yogurt	95
Young coconut, almond and cinnamon scented porridge Fresh young coconut shavings, almond nut pulp served cold, garnished with fresh fruit and berries	75
Spiced buckwheat pancakes With candied butternut pumpkin orange syrup	105
Double fermented sourdough With guacamole, poached egg and tomato relish	70
or Scrambled eggs and bacon (spicy plain)	95 90
Add bacon 25 Avocado 15 Tomato relish 15 Beef sausage 24 Egg 12 Smoked salmon 30 Wild mushrooms 25	
Classic grilled cheese Mature hard cheddar, sliced tomato, basil and a crunchy beetroot and apple chutney	62
Add bacon 25 avocado 15	
Breakfast roll With a fried egg, bacon, guacamole, local mature cheddar and a crunchy beetroot and apple chutney slaw, served on a freshly baked brioche bun	89
Wild quinoa and seed salad with tahini dressing Served with a beetroot and apple relish	89
Add pan-fried salmon 55 Satay chicken strips 55	
Big raw salad with dijon mustard and apple cider vinaigrette	89
Add pan-fried salmon 55	
Multi-grain buckwheat veggie burger Served with mashed avocado salsa, sweet potato fries or saladini greens	110

Zucchini rosti with smoked salmon and dill lemon infused goats cheese Served with a panko egg	98
Green goodness Stem broccoli, asparagus, wilted green spinach and two poached eggs, served with a green goodness sauce Add bacon 25 Sourdough 12	98
Heirloom rainbow breakfast Rainbow heirloom beetroot & carrots served with a beetroot ginger puree, crumbed goats cheese, heirloom tomato relish and two poached eggs	98
Add gammon steak 40 Pan fried Salmon 55 Sourdough 12	
Wilted green spinach with assorted wild mushrooms With basil pesto and a mild fermented kimichi served with a poached egg and double fermented sourdough	98
Mushroom ragout King oyster mushrooms with diced carrots and celery with a dollop of grass fed cream, served with sourdough, a poached egg and a sprinkle of hard mature cheese	98
Add bacon 25 Avocado 15	

Side

Saladini Greens	45
Hand cut truffle Fries	45
Sweet potato chips	48

TRADING HOURS:
MONDAY – FRIDAY 7:30AM – 5PM
SATURDAY 8AM - 4PM
SUNDAYS & PUBLIC HOLIDAYS 9AM – 2PM

10% GRATUITY AUTOMATICALLY ADDED ONTO BILLS.
NO CHANGES TO THE MENU, THANK YOU.
WIFI CODE: FEELGOOD

Lightly crusted peanut butter grilled chicken strips Served with saladini greens or sweet potato fries	105
Grass fed beef burger Served with hand cut truffle salted fries	120
Asian style beef broth Served with wild mushrooms, spring onions, rice noodles, bok choy and topped off with a perfectly prepared gammon steak and naturally fermented kimchi	105
Tuna tartar Served with thinly sliced sourdough, guacamole and a harissa spiced mayonnaise	110
Add panko egg 12	
Gammon steak Cooked in sweet apple broth served with a poached egg and wilted spinach	105
Four hour slow cooked beef short rib Served with saladini greens& a poached egg	115

Loading Bay facilitates an ethical,
conscious movement of daily habits.
That means everything on your plate & in
your glass is responsibly sourced.

Our bread is made in house with naturally
fermented yeast using ethically sourced grains.
Unbleached and stone-ground