

ALL DAY BRUNCH

TOAST // 7.5 (VO)

SPROUT SOURDOUGH OR LOCALLY MADE GLUTEN-FREE BREAD WITH BUTTER,
B 1/3 HONEY, PRESERVES OR NUT BUTTER

PORRIDGE // 16 (V)

SLOW COOKED WHOLE GRAINS, VANILLA CASHEW CREAM, POACHED APPLE &
RHUBARB, ROSELLA SYRUP, ALMONDS

SPICED PUMPKIN LOAF // 14 (GF)

WHIPPED TOFU BUTTERSCOTCH, HAZELNUT

AVOCADO ON SOURDOUGH // 15 (VO)

BAKED LEMON LABNEH, CHERRY TOMATO, RADISH, SOFT HERBS, POPPED
PEPITAS

ADD AN EGG OR BACON // 3 - 5.5

HARISSA SCRAMBLE // 19 (V)

HARISSA SCRAMBLED EGGS, CARAMELISED ONION, CUCUMBER + SPROUT
SALSA, SOURDOUGH

ADD AVOCADO OR BACON // 5 - 6

ROLLED OMELETTE // 20

ROASTED MUSHROOM, WILTED GREENS, MARINATED RICOTTA & CHESTNUT
CREME

ADD AVOCADO OR BACON // 5 - 6

PEA & FETTA FRITTERS // 22 (GF)

POACHED EGGS, ZUCCHINI RIBBONS, CAPER WHIP, MINT, DILL & LEMON

ADD AVOCADO OR BACON // 5 - 6

EGGS ON SOURDOUGH // 12

TWO EGGS YOUR WAY, TOMATO APPLE CHUTNEY & KRAUT. ADD ANY SIDES

*We are happy to accommodate dietary requests but
unfortunately we can't substitute items*

GF GLUTEN FREE

V VEGAN

VO VEGAN OR VEGAN OPTION

SOUP OF THE WEEK // 16

CHECK SPECIALS BOARD

KOFTA WRAP // 22

LAMB & BEEF MEATBALLS, GREEN TAHINI YOGHURT SAUCE, CUCUMBER,
TOMATO, ICEBERG & PARSLEY

FRITTATA // 16 (GF)

ROAST PUMPKIN, RED ONION, RICOTTA, BEETROOT RELISH, LEAFY GREENS
& TOASTED SEEDS

FALAFEL // 18 (V)

SWEET POTATO, CHICKPEA, KALE, QUINOA, CURRANTS, TABOULEH, KRAUT,
MUHAMMARA, HOUSE FLATBREAD & ZA'ATAR

HIPPY BOWL // 16.5 (V, GF)

BED OF GREENS TOPPED WITH RAW SEASONAL VEGGIES, NUTS & SEEDS WITH
CREAMY VEGAN DRESSING. CHECK SPECIALS BOARD

ADD AVO OR FALAFEL // 5 - 6

ADD BEEF & LAMB KOFTAS // 7

ADD-ONS *only available in addition to a meal*

GLUTEN FREE BREAD // 2

EXTRA PIECE OF SOURDOUGH // 2.5

CHUTNEY OR KRAUT OR MUHAMMARA // 1.5

FREE-RANGE EGG // 3

LOCALLY MADE HALOUMI // 4.5

AVOCADO // 5

CAPER DRESSED GREENS // 5

FREE-RANGE BACON // 6

SWEET POTATO FALAFEL // 6

LAMB & BEEF QUINOA KOFTAS (GF) // 7



HOT DRINKS

COFFEE BY PARALLEL ROASTERS

CUP OR MUG SIZE // 4 - 5

+ SOY/ALMOND/OAT MILK // .50

+ DECAF // .50

SINGLE ORIGIN BATCH BREW // 5.5

REAL HOT CHOCOLATE // 5.5 (VO)

REAL CHOCOLATE MOCHA // 6 (VO)

CHAI TEA // 5.5

HONEY INFUSED, SERVED WITH STEAMED MILK

TURMERIC LATTE // 5.5

VANILLA, HONEY, GINGER & CINNAMON

ORGANIC TEA // 5

EARL GREY // ENGLISH BREAKFAST //

GREEN TEA // PEPPERMINT // FENNEL

TISANE

COLD DRINKS

GREEN SMOOTHIE // 9.5 (V)

MANGO, PINEAPPLE, COCONUT WATER,
CUCUMBER & KALE

VANILLA BANANA SHAKE // 9.5 (V)

VANILLA & BANANA ON HOUSE HEMP SEED MILK

COCOA HAZELNUT MILK // 9.5 (V)

RAW COCOA, HAZELNUT, HOUSE CASHEW MILK,
CHOCOLATE GANACHE & COCONUT WHIP

GOLDEN BLEND // 9.5 (V)

PINEAPPLE, MANGO, TURMERIC & GINGER
BLEND TOPPED WITH WHIPPED COCONUT WHIP

ICED TURMERIC LATTE // 6.5

HONEY, VANILLA & ALMOND MILK

ICED LATTE W/ COCONUT SYRUP // 5

SINGLE ORIGIN COLD BREW // 5

HOUSE PROBIOTIC SODAS // 6

LEMON & LIME KEFIR

GINGER & TURMERIC KEFIR

LEMON & RASPBERRY KEFIR

HOUSE ICED TEA // 5.5

ORGANIC ELDERFLOWER & LEMON

FRESH ORANGE JUICE // 8

SPRITZERS

RED OKAR , SPARKLING, CITRUS // 15

MANDARIN, LEMON, SPARKLING // 15

EAU DI VIE, ELDERFLOWER, SPARKLING // 15

WINE

ARTIUM SPARKLING, *PINOT NOIR*, *CHARDONNAY*
(SA) // 12

FETHERSTON MAGNOLIA, *GARGANEGA*,
GEWURZTRAMINER (VIC) // 13

MINISTRY OF CLOUDS ROSE, *MATARO*, *CINSAULT*
(SA) // 15

SIGURD RED, *BLEND* (TAS) // 13

BEER & CIDER

SLIPSTREAM RYE ALE (MID) // 9

NEWSTEAD LAGER // 8

LAND & SEA IPA // 11

BROUHAHA SOUR // 9

WILLIE SMITH ORGANIC APPLE CIDER // 11

**Menu prices subject to change on weekends*