

Breakfast

Monday-Friday till 11.30am

All Day Saturday Sunday

Morning Harvest (v)(df)(gf)

Sweet potato and lentil cake, roast pumpkin, topped with poached eggs and creamy cashew nut sauce, served on a bed of rocket and sautéed kale. 17

Vegan Grande (vg)(gf.0)

Sautéed mushroom and kale on toasted sourdough, blistered cherry tomatoes, asparagus, herbed nut cheese, pumpkin puree, avocado and dukkha. 14

Braised Beans (vg)(gf.0)

House made braised beans served with pesto sourdough, asparagus and dukkha. 15

Apple Crumble Crepe (v)(gf)

Gluten free crepe's filled with spiced stewed apple, topped with toasted crumble and served with coconut yoghurt and berry coulis. 12

Nut Museli (vg)

House made toasted nut museli served with seasonal fruit, coconut yoghurt and vanilla infused almond milk. 12

Eggs Benedict (v.o)(gf.o)

Toasted sourdough, rocket poached eggs, house made hollandaise sauce served with your choice of ham, bacon or smoked salmon (16) halloumi (14)

The Be Bold (gf)

Pumpkin puree, rocket, house made potato rosti topped with bacon poached eggs, tomato chutney, feta and pesto oil. 17

The Hangover (gf.o)

Eggs your way on sourdough, served with bacon, chipolatas, house made potato rosti, mushroom, roast tomato, avocado, rocket and tomato chutney. 19

The Vegetarian (gf.o)

Eggs your way on sourdough, served with roast, mushrooms, asparagus, a house made potato rosti, rocket, avocado, halloumi and pesto oil. 17

Smashed Avo (vg)(gf.o)

Smashed avocado on toasted sourdough, served with fresh lemon, blistered cherry tomatoes and dukkha. 11 or 13 (with feta)

Zucchini Fritters (vg)(gf)

House made zucchini fritters with herbed nut cheese, rocket, blistered cherry tomatoes served on a roasted sweet corn puree and rocket. 14 or 17 with poached eggs and bacon.

Eggs on Toast (v)(gf.o)

Eggs your way on toasted sour dough, served with rocket, tomato chutney and pesto oil. 11

Lunch

From 11.30 am

Cajun Chicken Burger (gf.o)

Cajun spiced chicken breast on toasted Turkish bread with tzatziki, leafy greens, fresh tomato and avocado, served with house made fries. 18

Beef Burger (gf.o)

Beef patty topped with caramelized onion and melted cheddar cheese on toasted Turkish bread, with beetroot relish, mayonnaise and leafy greens, served with house made fries. 18

Veggie Burger (vg)(gf.o)

Sweet potato and lentil patty on a toasted Turkish bread, with cashew cheese, sweet chilli relish, avocado, leafy greens, fresh tomato, served with house made fries. 17

Chicken Salad (gf)

Rocket, baby spinach, cucumber ribbons, toasted walnuts, blistered cherry tomatoes and feta, topped with grilled chicken breast and served with balsamic vinaigrette. 16

Vegan Nachos (vg)(gf)

Corn chips, spiced braised beans and vegetable, vegan cheese sauce and fresh salsa, topped with guacamole. 14 add 3

Paleo Plate (gf)

House made beef patty on a bed of kale slaw, fresh tomato, cucumber ribbons, served with sweet potato fries, sauerkraut and haloumi, topped with a fried egg. 18

Bowl of Fries (gf)(vg)

House made potato fries served with a tahini dipping sauce. 8

Seasonal salads

Sid . 4

Small. 9

Large. 13