

# **BREAKFAST**

## **TOAST**

White, spelt grain, light rye, Gluten Free Bread w/ vegemite, butter, peanut butter, raspberry/apricot jam, orange, marmalade, honey

7.50

## **FRUIT TOAST w/ butter**

8.00

## **BIRCHER MUESLI**

13.00

w/ rolled grains, crushed pink lady apples, berry compote, Greek yogurt, Victorian honey, roasted almonds nuts

## **EGG & BACON TURKISH w/ Tomato relish**

11.50

+ Cheese

0.80

## **EGG & BACON BURRITO**

14.00

Scrambled eggs, mixed beans, chipotle mayo, spinach, salsa

## **EDWIN'S POWER GRANOLA BOWL**

15.00

Acai, yogurt, berries, sunflower seeds, organic honey

## **GREEN BOWL**

17.00

Fresh kale, broccoli tips, quinoa, toasted seeds, Persian fetta, poached egg, roasted garlic

## **PULLED PORK BENEDICT**

17.80

Homemade Apple Slaw, BBQ Pulled Pork, Rocket, seeded hollandaise, sourdough, poached egg drizzled w Avocado Oil

## **PAN FRIED MUSHROOM CHORIZO BRUSCHETTA**

17.00

Haloumi, basil pesto, chorizo sausage, seeded toast, poached egg

## **SMASHED AVOCADO SPELT GRAIN**

15.80

Fetta, lime, coriander pesto, cherry tomatoes, poached eggs

## **QUINOA SMASHED AVOCADO ON SOURDOUGH**

18.50

Quinoa, avocado, asparagus, peas, currants, toasted almond flakes, pomegranate, poached egg drizzled with Pomegranate molasse, lime pesto and Danish Feta

## **OMELETTE**

14.50

Cheese, tomato, ham, spinach, Spanish onion, toasted spelt

## **BIGGY BREAKY**

18.80

Eggs, toast, sausage, bacon, spinach, field, mushrooms, tomato, hash brown

## **TWO FREE RANGE EGGS**

9.00

Poached, scrambled, fried w white spelt grain, light rye

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### **Extras**

### **Sides**

Egg, Portobello mushroom, Grilled tomato

3.00 Fat chips

10.00

Sliced avocado, bacon, sausage

4.00 Wedges

11.00

Toast, hollandaise sauce

1.00 Fat chips side

7.00



Smoke salmon	<b>4.50</b>	Wedges side	<b>8.00</b>
Sautéed spinach, Hash browns	<b>3.00</b>	Garden Salad side w/	<b>6.00</b>
Sauces	<b>0.80</b>	dressing	

## DISPLAY

Toastie, pastries, muffins, cakes, sandwiches and salads

## SANDWICH - \$ 11.00

### BREAD

Gluten Free Bread, Grain Wraps, Light Rye, Multi-Grain Rolls, Spelt Grain, White Bread,

White Focaccia White Wraps

### SPREAD

Aioli, Avocado, BBQ Sauce, Butter, Cream Cheese, Dijon Mustard, Mayonnaise, Pesto Paste,

Seeded Mustard, Sweet Chili Sauce, Tomato Relish, Tzatziki

### PROTEIN

Bacon, Chicken Schnitzel, Egg Mix, Poached Chicken, Premium Ham, Salami, Sliced Egg,

Smoked Salmon Tuna, Roast Beef, **2nd Protein +3.50**

### FILLING

Beetroot, Carrot, Cucumber, Lettuce, Mixed Leaves, Pineapple, Roast Peppers, Rocket, Semi-Dried Tomato, Spanish Onion, Spinach, Swiss Cheese, Tasty Cheese, Tomato

## LUNCH

### SALMON POKE BOWL

**18.00**

Cured salmon, brown rice, edamame, nori, avocado, pickled ginger, ponzu

### CHICKEN TERIYAKI POKE BOWL

**17.00**

Chicken, brown rice, edamame, nori, avocado, pickled ginger, ponzu

### STEAK SANDWICH

**17.50**

Ciabatta roll, beef steak, lettuce, tomato, bacon, capsicum, BBQ sauce, caramelized onions w fat chips

### OVEN ROASTED LAMB / CHICKEN SOUVLAKI

**18.50**

Pita bread, oven roasted meat, lettuce, tomato, caramelized Spanish onions served with hot fat chips, Smokey BBQ, tzatziki, mustard

## DRINKS

**COLD** - See display drink fridge for selections

### HOT

Regular coffee	<b>3.80</b>
Large coffee	<b>4.30</b>
Strong, Turmeric, honey, syrups, soy, almond milk	<b>0.50</b>
Hot chocolate	<b>4.00</b>
Chai Latte	<b>(S)</b>
Magic	<b>4.50 (L)</b>
	3.80

### POT OF TEA

English breakfast, Earl grey, Chamomile, Peppermint, Green, Chai

**4.00**

