

BREAKFAST ALL DAY

TOAST White, multigrain, light rye, gf, Turkish bread with butter, vegemite, peanut butter, raspberry jam or honey	9.5
FRUIT TOAST with butter	10.5
APPLE & CINNAMON BIRCHER MUESLI (Vegan) Soaked oats, raisins, coconut yoghurt, fresh berries, toasted almonds	15.5
EGG & BACON TURKISH Cajun BBQ relish, angus jack cheddar, mayonnaise, roquette	16.0
OMELETTE Your choice of 1 protein & 3 fillings – served with toasted light rye	
Bacon/Smoked Salmon/Chorizo	
Mushrooms, spinach, cheese, Spanish onion, fresh tomato, roast capsicum, sundried tomatoes	21
SMASHED AVO Poached eggs, beetroot hommus, pomegranate & cherry	
tomato salsa w/ grilled haloumi, taco crumble on toasted ciabatta bread	20.5
THE TRIPLE B Braised BBQ brisket, poached eggs, roquette, saffron hollandaise on a toasted poppyseed bagel	23.5
EGGS YOUR WAY w/ toast	

SIDES

Bacon, chorizo, salmon, haloumi	5.0
Avocado, mushrooms, spinach, hashbrowns	4.0
Extra slice of toast, Extra egg	3.0

Poached, fried or scrambled eggs on your choice of toast

LUNCH FROM 11AM

BROWN RICE BOWL Marinated chicken/beef, coriander, cashews, Bok choy, edamame, carrot, chilli, egg, nam jim dressing, sesame seeds	22.5
SUPERFOOD SALMON OR CHICKEN WITH CRISPY NOODLES & KALE SLAW	
Lemon pepper marinated chicken/salmon with ancient grains, superseeds & a dill crème fraiche	24.0
PERI PERI CHICKEN BREAST Portuguese marinated chicken breast with sweet potato, mixed frijoles and capsicum salad served with a sun dried tomato	
hommus	21.5
BOWL OF CHIPS	
with chipotle mayo	9.5

DISPLAY

14.0

Toastie's, muffins, slices, sandwiches and salads

Food allergy notice - if you have a food allergy or a special dietary requirement please inform a member of the hospitality team. Whilst every care is taken, food produced in our kitchen may contain milk, eggs, wheat, soybean, peanuts, tree nuts, fish and shellfish





MAKE YOUR OWN SANDWICH \$14 MAKE YOUR OWN BOWL \$17

BREAD - CHOOSE 1 (Make your own sandwich only)

Gluten free bread, wholemeal wrap, gluten free wrap, light rye, multigrain, white bread, white focaccia, white wraps

SPREAD - CHOOSE UP TO 3

Aioli, avocado, BBQ sauce, butter, cream cheese, Dijon mustard, mayonnaise, pesto paste, seeded mustard, sweet chili sauce, tomato relish, tomato sauce, siracha sauce, chipotle mayonnaise

PROTEIN - CHOOSE 1

Bacon, chicken schnitzel, poached chicken, premium ham, salami, sliced egg, smoked salmon, tuna, tofu, falafel (GF)

2nd Protein +3.50, 3rd Protein +2.50

FILLING - CHOOSE 5

Beetroot, carrot, cucumber, mixed leaves, pineapple, roast peppers, rocket, semi-dried tomato, Spanish onion, spinach, Swiss cheese, tasty cheese, tomato, brown rice, quinoa, ancient grains, jalapenos, pickles, edamame.

SALAD DRESSING - CHOOSE 1

Balsamic, French, Italian, green goddess, dill & yoghurt, nam jim.

DRINKS

/ Chai / G.L.E.W / Thirst quencher

COLD Soft drinks, juices, energy drinks, ice chocolate and ice latte's	Prices as marked
нот	
Regular/Large coffee	4.5/5
Regular/Large hot chocolate, chai latte	4.5/5
Piccolo, Magic	4.5
Extra shot, honey, soy milk, lactose free milk, almond milk, oat milk, flavoured syrups	.5
POT OF TEA Choose from our selection of TEA TONIC brews.	
/ English breakfast / Green / Peppermint / Chamomile	

4.5

