



ALL DAY MENU

6AM - 2PM

TOAST 5.9
Sourdough, Multigrain, Gluten Free, White Square, Vegan bread with preserves - Bagel +1.0 Croissant +1.0 Fruit Toast +1.0

EGGS ON TOAST 10.9
2 free range eggs on your choice of bread: poached, fried, scrambled +1.0 - Bacon +4.0

CHIA BIRCHER MUSELI 9.9
Berry compote, yoghurt, fruit, honey

GRANOLA 11.9
Rhubarb compote, saffron spiced poached pear, pomegranates yoghurt - Vegan coconut yoghurt +1.0

PANCAKES 13.9
Berry compote, blueberry, vanilla ice cream and maple syrup

SCRAMBLED EGGS 13.9
Free range eggs, blended with cream and your choice of:
Ham and cheese
Mushrooms, spinach and feta
Smoked salmon, spinach and feta +2.0

FRENCH TOAST 15.9
Brioche, bacon, banana, strawberries, blueberry mascarpone and maple syrup

AVO SMASH 15.9
Free range poached egg, roquette, feta, sourdough, balsamic reduction, lemon dill honey dressing

OMELETTES 15.9
Choice of:
Ham, cheese and cherry tomatoes
Field mushrooms, spinach and feta
Smoked salmon, spinach and feta +2.0

NOURISH BOWL (VEGAN, GF) 13.9
Broccoli, mixed herb, spinach, fennel, sprouts, lemon dressing, avocado, seeds - Chicken +4.0 Salmon +5.0

SUPER SALAD 14.9
Roast pumpkin and sweet potato, spinach, roquette, red onion, quinoa, lemon lime dressing

EGG BENEDICT 16.9
Two free range poached eggs, croissant, ham, spinach, hollandaise sauce

EGG ATLANTIC 18.9
Two free range poached eggs, smoked salmon, roquette, dill, lime hollandaise

VEGAN BIG BREAKFAST 16.9
Vegan bread, mixed mushrooms, seeded avocado, tofu, spinach, cherry tomato, seeds, capsicum coulis

BIG BREAKFAST 19.9
Two free range eggs (fried, poached or scrambled), bacon, sausage, mushroom, hashbrowns, tomato on sourdough

BEER BATTERED FISH & FRIES 15.9
Lightly battered flathead fillets with fresh garden salad and tartare sauce

GOURMET BEEF BURGER & FRIES 15.9
Bacon, lettuce, tomato, cheese, tomato relish and sriracha mayo

SPICY FRIED CHICKEN BURGER & FRIES 15.9
Coleslaw, cheese, tomato relish and sriracha mayo

FOOD TO GO

UNTIL 5PM OR SOLD OUT

BANANA BREAD 5.9
Fresh or toasted

BREKKIE WRAP 6.9
Fried egg, bacon, spinach

BASKET OF FRIES 6.9
Served with tomato sauce or aioli

FRUIT SALAD 6.9
Fresh, seasonal fruits - greek yoghurt +1.0

HAM & CHEESE CROISSANT 7.9
Fresh or toasted

HAM & CHEESE TOASTIE 7.9
Melted layered cheese and honeyed ham

BLT 8.9
Crispy bacon, lettuce, tomato, mayo and tomato relish on toasted ciabatta

PASTRIES 8.9
Served with garden greens:
Beef sausage rolls
Spinach and ricotta rolls
Chunky steak pies

EGG AND BACON TOASTIE 8.9
Fried egg, crispy bacon and tomato relish on toasted ciabatta

QUICHE 10.9
Choice of Lorraine or Spinach, served with fresh garden salad

CHICKEN CAESAR WRAP 10.9
Grilled chicken, caesar salad, bacon and caesar dressing

VEGETARIAN WRAP 10.9
Roasted veges, feta, spinach, dukkah and tomato relish

PANINIS 10.9
With fresh fillings - ask staff for today's selection

SMOKED SALMON BAGEL 10.9
Cream cheese, capers, spinach

KIDS (UNDER 12)

CHEESE BURGER & FRIES 7.9

FISH & CHIPS 7.9

PANCAKES (2) 7.9
Served with maple syrup and ice cream

DRINKS - KIDS SIZE 3.9
Milkshake/Iced chocolate

ICE-CREAM 3.9
With chocolate, strawberry, banana or caramel topping

SIDES

EGG, HASHBROWNS, SPINACH 3.0

MUSHROOMS, BACON, FRIES, CHICKEN, GRILLED TOMATO, GRILLED HALLOUMI, SAUSAGE 4.0

SMOKED SALMON, AVOCADO 5.0

We proudly use 100% highest quality Arabica beans, freshly roasted, offering a smooth, rich & full-bodied flavour

TEA

Our premium Ceylon Tea is served "loose leaf" in a pot creating that special experience

CHILLED DRINKS

SPRING WATER

ITALIAN FRUIT DRINKS

Sparkling "Galvanina"

ICED TEAS

SOFT DRINKS

BOTTLED JUICES

APPLE - PINEAPPLE 4.5