

MENU

TOAST 2 slices sourdough, white or multigrain with butter and preserves	6.9
DENSE FRUIT TOAST 2 slices thickly sliced rich & dense	10.9
Soup Freshly made - served with toast - Seasonal	
SWEET POTATO & PUMPKIN	14.9
SEAFOOD CHOWDER	16.9
EGGS ON TOAST 2 eggs poached, fried or scrambled on your choice of toast Add: smoked bacon, mushrooms or sausages +4.0 , Smoked Salmon or Avocado +6.0	14.9
BIRCHER MUESLI Served with fresh seasonal fruits, berry compote & yoghurt	15.9
CANADIAN PANCAKES Three fluffy pancakes served with banana, strawberries, blueberries, maple syrup & whipped cream or ice-cream	22.9
CREAMY SCRAMBLED EGGS Fresh cream, ham and cheese served on toasted sourdough	18.9
CHILLI & MUSHROOM SCRAMBLED EGGS Fresh cream, a hint of chilli, cheese, mushrooms, spinach, served with toasted sourdough	19.9
SMASHED AVOCADO 2 poached eggs on avocado smash served on toasted sourdough	22.9
SMOKED SALMON SCRAMBLED EGGS Fresh cream, smoked salmon, spinach, cherry tomatoes herbs served with toasted sourdough	23.9
OMELETTES Choice of: Ham, cheese and cherry tomatoes Mushrooms, spinach and feta Smoked salmon, spinach and fetta +1.0	22.9
FRENCH TOAST Toasted brioche with smoked bacon, banana, strawberries, mascarpone & maple syrup	23.9
EGGS BENEDICT 2 poached eggs served on bacon, spinach with hollandaise sauce on toasted sourdough	23.9
EGGS ATLANTIC 2 poached eggs served on generous portion of smoked salmon, spinach with dill and lime hollandaise sauce on toasted sourdough	25.9
VEGETARIAN BIG BREAKFAST 2 eggs, cooked your way, roasted mushrooms, avocado, spinach, grilled tomato, 2 hash browns, served with toasted sourdough	25.9
BIG BREAKFAST 2 eggs cooked your way, smoked bacon, 2 pork chipolatas, roasted mushrooms, grilled tomato, 2 hash browns served with toasted sourdough	25.9
MUSHROOM & TOMATO BRUSCHETTA (VEGAN) Herbs, Garlic, Olive oil, parsley on 2 slices of toasted Sourdough	20.9
NOURISH BOWL (VEGAN, GF) Roasted sweet potato & pumpkin, spinach, mushroom, red onion, sprouts, roasted red capsicum with lemon lime dressing	20.9
CHICKEN CAESAR Grilled chicken breast strips with cos lettuce, crispy bacon bits, parmesan cheese, croutons and creamy caesar dressing Add: poached egg +3.0	19.9
Asian Dishes	
CHILLI BEEF STIR-FRY Marinated rump MSA strips, chilli, garlic, basil, green beans, capsicum, carrot, spring onion in an oyster & seafood sauce served with jasmine rice	20.9
DRUNKEN CHICKEN STIR-FRY Chicken breast pieces, chilli, garlic, basil, green beans, capsicum, carrot, spring onion in a rice wine & oyster sauce served with egg noodles	20.9
PRAWN STIR-FRY 8 large prawns, chilli, garlic, green beans, capsicum, carrot, spring onion in an oyster & seafood sauce served with jasmine rice	20.9
THAI GREEN CURRY Chicken breast pieces, chilli, green beans, capsicum, lemongrass, lime leaves, garlic, ginger, coconut milk served with jasmine rice	20.9
THAI BEEF SALAD Marinated rump MSA strips, mixed lettuce leaves, red onion, cherry tomatoes garnished with finely chopped peanuts and crispy noodles	20.9
CHICKEN FRIED RICE Chicken breast pieces, tomato, onion, spring onion, oyster & seafood sauce & jasmine rice	15.9
Kids (under 12)	
CHICKEN NUGGETS & CHIPS	10.9
BURGER & CHIPS	10.9
FISH & CHIPS	10.9
MILKSHAKE	6.9

CAFÉ CAFÉ

Toasties – thick sliced, white, wholemeal or multigrain	
HAM & CHEESE	8.9
BACON & EGG	11.9
CHICKEN, BACON & CHEESE	13.9
BLT, BACON, LETTUCE & TOMATO	14.9
CHICKEN, BACON, AVOCADO	14.9
Wraps – fresh or toasted	
CHILLI CON CARNE	10.9
SWEET CHILLI CHICKEN SCHNITZEL, SLAW	11.9
BREKKIE - BACON, EGG, CHEESE, SPINACH, RELISH	12.9
VEGGIE - ROASTED SWEET POTATO & PUMPKIN, SUN-DRIED TOMATO, FETA, SPINACH, RED ONION, RELISH	13.9
CHICKEN CAESAR - BACON, CHEESE, COS, DRESSING	14.9
SMOKED SALMON - CREAM CHEESE, CAPERS SPINACH, RED ONION	14.9
Burgers on freshly toasted buns	
BEEF - PREMIUM BEEF, LETTUCE TOMATO, AIOLI AND TOMATO SAUCE	13.9
GOURMET - PREMIUM BEEF, CHEESE, BACON, LETTUCE, TOMATO, AIOLI AND TOMATO SAUCE	15.9
BREKKIE - BACON, TWO EGGS, BBQ SAUCE	14.9
CHICKEN - CHICKEN SCHNITZEL, SLAW, LETTUCE, TOMATO, MAYONNAISE	15.9
FRIES	REGULAR - 4.0 LARGE - 6.9
Bagels freshly baked	
BLT - BACON, LETTUCE & TOMATO, AOLI	13.9
CBC - CHICKEN, BACON & CHEESE & MAYONAISE	14.9
THE REUBEN - PASTRAMI, SAUERKRAUT, CHEESE & PICKLES	15.9
SMOKED SALMON - CREAM CHEESE, RED ONION, SPINACH & CAPERS	15.9
Turkish Paninis freshly baked	
CHICKEN OR HAM - WITH LETTUCE, TOMATO, CHEESE, RELISH & AIOLI	11.9
VEGETARIAN - ROASTED PUMPKIN, SWEET POTATO, RED ONION, SUN-DRIED TOMATO SPINACH, FETA, RELISH & AIOLI	12.9
Fisherman's Catch served with tartare sauce	
CRISPY BATTERED FISH FILLET & FRIES	15.9
CALAMARI - FIVE SQUID RINGS & FRIES	15.9
SIDE SALAD	5.0
Add-ons:	
EGG, HASH BROWNS, SPINACH	3.0
MUSHROOMS, BACON, FRIES, CHICKEN GRILLED TOMATO, SAUSAGES, SIDE SALAD	5.0
SMOKED SALMON, AVOCADO	6.0



Coffee

Our superb blend of Kenyan, Guatemalan, Papua New Guinea and Columbian bean are locally roasted creating a full-bodied, rich, smooth tasting coffee

FLAT WHITE			
CAPPUCCINO			
LATTE			
LONG BLACK			
DOUBLE ESPRESSO	REG	LGE	X-LGE
SHORT MACCHIATO	4.5	5.5	6.5
PICCOLO LATTE			
LONG MACCHIATO			
CHAI LATTE	REG	LGE	X-LGE
VIENNA	5.5	6.5	7.5
MOCHA			
HOT CHOCOLATE			
SINGLE ESPRESSO			3.6
BABY CHINO			2.5
EXTRA SHOT / SOY, ALMOND OR OAT MILK			1.0
HAZELNUT / VANILLA / CARAMEL SYRUP			1.0

Tea

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

ENGLISH BREAKFAST	1 PERSON	2 PERSON
EARL GREY	POT	POT
	4.5	7.5
HERBAL		
PEPPERMINT		
CHAMOMILE	1 PERSON	2 PERSON
GUNPOWDER GREEN	POT	POT
CHAI	6.0	9.0
JASMINE		
LEMONGRASS & GINGER		

Chilled Drinks

AFFOGATO	6.5
Double espresso served over ice-cream & dusted with chocolate	
ICED COFFEE / CHOCOLATE / MOCHA	8.0
Served over ice-cream & dusted with chocolate	
FRAPPES	8.0
Cappuccino / double fudge / salted caramel / mocha / chai / dirty chai	
MILKSHAKES	9.0
Chocolate / strawberry / banana / vanilla / spearmint / coffee (includes 2 scoops of ice-cream)	

CAFÉ CAFÉ

THE TASTE • THE BEAN • THE AROMA

Smoothies

BANANA BEAUTY	
Banana, icecream, honey, cinnamon	
STRAWBERRY DELIGHT	
Strawberries, banana, mango, ice-cream	
PEACH PASSION	
Peach, mango, banana, ice-cream	
SUPER BERRY	9.5
Acai berries, banana, coconut water	
BLUE BANANA	
Blueberries, banana, honey, ice-cream	
GREEN POWER	
Mango, spinach, banana, coconut water	
BLUE BANANA + PROTEIN	10.5
Blueberries, banana, ice cream, whey protein	
GREEN POWER + PROTEIN	
Mango, spinach, banana, coconut water, whey protein	

Fruit & Veg Juices

No added sugar - no artificial coloring or preservatives, gluten and dairy free

NOAHS RANGE	6.0
SUPERFOOD JUICES - PLUS PREBIOTICS	7.5

Soft Drinks

COCA-COLA / DIET / NO SUGAR	
SPRITE LEMON LIME & BITTERS	4.5
BUNDABERG GINGER BEER	5.5

Spring Water

MT FRANKLIN SPRING WATER (600ML)	3.5
MT FRANKLIN SPARKLING WATER (330ML)	4.5

Iced Teas

LEMON / MANGO / PEACH	5.2
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Sweet Treats

Choose a scrumptious assorted sweet treat from our display

ALMOND SHORTBREAD	3.0
PORTUGUESE TARTS	4.5
CHEESECAKES, COOKIES, SLICES	5.0
BANANA BREAD, MUFFINS	6.0
ESCARGOT, CINNAMON SCROLLS	7.5
FRENCH TARTS - LEMON / STRAWBERRY	
MIXED FRUIT	8.5
APPLE STRUDEL / RHUBARB PIE	
WITH CREAM OR ICE-CREAM	8.5