

## **Breakfast**

**6.30am-11am**

**\$10 Eggs your way-** 2 eggs cooked the way you like served with basil infused roasted tomato

Add- Bacon \$5, Smoked Salmon \$6, Avocado \$4,

Mushrooms \$4, Chorizo \$5, Extra Egg \$3, Hollandaise \$2,

Gluten free Bread \$2, Extra Toast \$2, Hash brown \$2

**\$16 Avocado and Pumpkin Smash-** Fresh Avo smash, oven Roasted Pumpkin topped with Feta and Pumpkin & Pepita seed dukkah on a dark rye sourdough

Add poached egg +\$3

**\$17 Eggs Benedict** – Two poached eggs a top of toasted white rye sourdough on a bed of spinach served with your choice of:

- Mushroom
- Crispy Bacon
- Hot smoked Salmon \$3 extra

**\$14 Big Bacon and egg burger-** Double bacon, Smokey BBQ sauce fried eggs, Hash brown and cheese on a soft brioche bun

**\$15 Haloumi and Egg burger** – Grilled haloumi, fried egg, mushroom, spinach, beetroot relish burger

**\$13 House made Granola-** House made granola served with fresh seasonal berries, Greek yogurt.

**\$12 Fruit plate-** Fresh seasonal fruit garnished with our granola and served with Greek yogurt.

**\$9 Organic Fig & Nut Fruit toast (2)** locally baked w butter and jam

## Lunch

10am-1.30pm

### **Fresh Subs \$15**

Italian Chicken & pesto spinach and cheese sandwich

Meatball – Parmesan, handmade meatballs, Napoli sauce on baguette

Hoagie- Salami, ham, mortadella, mayo, lettuce, tomato, pickle and cheese

Pulled pork- caramelized onion maple and apple with a fresh slaw

Felafel char veg- Felafel, house charred veg, pickles, tomatoes, spinach and house relish

**\$15 Cob Salad-** boiled egg, avo, tomato, Spanish onion, cheese, char grilled corn, mixed lettuce drizzled in ranch with your choice of-Add Bacon, Falafel \$3, Chicken \$4

**\$18 Warm Chicken salad-** Grilled kale, roasted pumpkin, beetroot, poached chicken, pine nuts, pecan candy tossed in creamy dressing

**\$17 Thai beef Salad-** Asian style slaw, rice noodles, marinated beef, onion, sesame seeds, in a Thai dressing topped with crushed peanuts.

**\$14 Classic B.L.T-** Classic B.L.T served with chips

**\$15 Hamburger-** Classic Ham Burger with lettuce tomato and BBQ sauce served with chips

**\$16 Crunchy Chicken Burger-** Italian style crumbed chicken with tomato and our house slaw and chips

**\$16 Felafel Burger-** Felafels with smashed avocado, sautéed mushrooms, feta spinach with house made beetroot Chutney served with chips

**\$14 Smoked salmon Bagel-** Cream cheese, onion, smoked salmon, fried capers and fresh spinach.

**\$12 Loaded fries-** Potato chips served with - Pulled beef with melted cheese onion bacon sour cream with your choice of lime aioli, sriracha mayo or house tomato relish

**\$12 Loaded wedges-** Seasoned wedges loaded with bacon melted cheese topped with sour cream and sweet chilli sauce

**\$7 Chips and aioli-** Potato chips with our house aioli

## Drinks Menu

### Espresso Coffee

Small \$4, Medium\$4.5, Large\$5

Flat white

Cappuccino

Latte

Mochaccino

Long Black sml, med, lrg-\$4 Iced long black \$4.5

Piccolo \$3.5

Affogato - \$4

Turmeric Latte+\$.50

Chai latte

Hot chocolate

Espresso \$3

Doppio \$3.5

Iced Latte \$6

Iced coffee \$7

Iced Mocha \$7

Iced chocolate \$6.5

**Alternative milks Soy, Almond lactose free \$.50**

### Fresh Squeezed juice\$8

**Cool sunshine-** Pineapple, orange lemon and turmeric

**Heart Beet-** Carrot, orange, apple, beetroot, spinach and ginger

**Green Lemonade-** Cucumber, lemon, apple, pineapple, mint celery and Kale

**Design your own juice \$8.5-** Choose your flavours - Apple, pineapple, orange, watermelon, beetroot, celery, lemon, cucumber, carrot, strawberries, mint, turmeric, ginger, kale, spinach

### Smoothies \$8

**Yogi bear-** Peanut butter, honey, chocolate, banana, almond milk and vanilla ice cream.

**Green fairy-** Banana, spinach, Honey, mango, passionfruit and vanilla ice cream

**Razzle Dazzle-** Raspberries, mango, pineapple, strawberries, full cream milk and vanilla ice cream

**Design your own smoothies- \$8.5** the choices of ingredients are Banana, mango, passionfruit coconut water, mixed berries, raspberries, pineapple, blueberries, strawberries, peanut butter, chocolate powder, spinach, protein powder, vanilla ice cream, Greek yogurt

### Milk Shakes and Thick shakes \$7-\$8

#### **Classics**

Chocolate

Caramel

Vanilla

Strawberry

### Shaken up \$9

Mango banana

Choc Caramel

Nutella Peanut

Passionfruit lime

**Johny Bravo\$8.5 ( Protein shake, mango, ice, almond milk and protein powder )**