

# All Day Menu

## **Acai Bowl \$16**

- Blended acai with granola, coconut, chia seeds & fresh fruit

## **Brekky Burger \$17**

- Bacon, egg, cheese, tomato, spinach & mayo

## **Halloumi Burger \$ 17**

- Haloumi, spinach, tomato, mushrooms and sira-cha mayo

## **Bruschetta \$ 16**

Tomatoes, red onion and basil with a parmesan crisp and basil oil on

sourdough toast

**Toastie** Gluten free available \$1 extra

- Ham & cheese \$9

- Chicken, Cheese & Avo \$12

## **Turkish \$13**

- Egg, bacon, cheese & relish

- Poached chicken, spinach, avo & mayo

- Eggplant, zucchini, pumpkin, spinach, sundried tomatos & beetroot hommus

## **Hot Drinks**

- Cappuccino/Latte/Flat white \$4

- Long Black/ Espresso \$4

- Chai Latte/ Hot chocolate \$4

- Cold Drip Filter \$4.5

- Wet chai Tea \$5.50

-Soy/ Oat/ Decaf/ Extra Shot/Vanilla 50c

- Almond/ Lactose Free 70c

-Baby Chino \$1.50

-Puppy Chino (lactose free) \$2

**Tea** \$4.20

- English Breakfast/ Earl Grey/ Gunpowder

Green/ Peppermint/ Lemon Grass and Ginger

## **Toast \$8**

- Sourdough or Seeded Sourdough, with butter & raspberry jam

## **Soup of the Day \$10**

- Served with sourdough or seeded sourdough toast

## **Fruit Toast \$9**

- With butter & raspberry jam

## **Mini Pies \$5**

- Chicken & leek

- Beef & red wine

## **Croissant**

- With jam & butter \$6

- Ham & cheese \$7.50

## **Brownie \$4.5**

- Double choc gooey brownie

## **Muffin \$4.5**

- Mixed berry & white choc

## **Gluten Friendly Tart \$ 4.50**

## **Gluten friendly Slice \$3.50**

## **Kids**

Toasted Soldiers \$6

- Vegemite and cheese

Egg and Bacon \$8

- Fried egg, bacon on toast with tomato sauce

Pikelets \$6

- With jam and butter

## **Freshly Squeezed Juices \$9**

Orange/Apple/Pineapple/Watermelon

## **Refresher**

-Orange, pineapple, watermelon

## **Super**

- Spinach, lemon, ginger, orange, celery, apple

## **Revitalise**

- Lemon, mint, ginger, apple, pineapple

## **Beetle**

- Beetroot, carrots, apple, orange, ginger

## **Booster**

-Carrot, ginger, apple, celery

## **Starter**

-Apple, pineapple, ginger

## **Cold Drinks**

Milkshakes Small \$6.50 Large \$8.50

-Chocolate, Strawberry, Vanilla

Iced coffee/Chocolate \$8.50

Coke/Diet Coke/ Lemonade \$4

Mineral/Mount Franklin \$4



-Vegan

-Gluten Friendly

## **Dine-in Only Options Available 8am—1.30pm**

### **Eggs on Toast \$13**

- Two Poached or fried eggs on sourdough toast

### **Avo on Toast \$18**

- Smashed avo with a rocket and cherry tomato salad, topped with basil oil and bocconcini on seeded sourdough toast

### **Mushrooms on Toast \$18**

- Sliced field mushrooms with rocket, pinenuts and beetroot hommus on seeded sourdough toast

### **Benny on Toast \$20**

- Two Poached eggs with ham and hollandaise sauce on sourdough toast

### **Rustic Banana Bread \$16**

- Banana bread, coconut yoghurt, raspberry coulis, fresh banana and berries

### **Muesli \$15**

-Bircher muesli, raspberry coulis, coconut yoghurt and fresh berries

### **Sides**

- Two Rashers of Bacon \$4

- Avo \$4

- Mushrooms \$4

- One Egg \$3

- Halloumi \$5

- Tomato \$3

- Rocket side salad \$6

- Extra slice of toast \$2.50

-Extra slice of gluten free toast \$2.50