

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