

BREAKFAST

toast V	6.5
with your choice of jam, marmalade, honey, vegemite or peanut butter on sourdough gluten free + 2	
avo on toast V	10.9
with toasted seeds and our marinated feta	
eggs on toast V	12.9
2 free range eggs (poached, fried or scrambled) on sourdough - add sides	
bacon and egg roll	11.5
with a free range egg and free range bacon on a milk bun, make it deluxe - add a hash brown, cheese, spinach and relish 4.5	
breakfast wrap	16.5
made with 2 free range scrambled eggs, cheese, bacon, hash brown, spinach and tomato relish	
green breakfast bowl 1420kj	17.9
with avocado, quinoa, kale, peas, toasted seeds, haloumi, basil pesto, spinach and a free range egg	
eggs benedict	17
poached eggs with spinach and hollandaise on an english muffin add salmon, bacon, brisket 6	
chilli scrambled	16.9
scrambled eggs on sourdough with mainained feta, crispy shallots and house made chilli oil	
vegetarian breakfast	19
with eggs, avocado, mushrooms, grilled tomato, haloumi and sourdough toast	

SANDWICHES & WRAPS

reuben sandwich	14.9	the schnitty wrap	14.9
slow cooked beef, cabbage, dijon, swiss cheese, spinach and gherkin and jalapeno relish		chicken schnitzel, tomato, spinach, cheese and aioli on a wrap	
falafel wrap	14.9	pesto chicken club	14.9
house made falafels with ancient grains, carrot, red cabbage, beetroot hummus, spinach & pesto		poached chicken, bacon, cos, tasty cheese, pesto and aioli on sourdough	
classic chicken	14.9	chipotle beef burrito	14.9
free range chicken, aioli, swiss cheese, tomato and spinach on sourdough		chipotle beef, cheese, corn, black bean, spinach, avocado, tomato, sour cream and jalapeno relish on a wrap	

Sides

1 EGG, GRILLED TOMATO, HASH BROWN 4
MUSHROOMS, HALOUMI, AVOCADO 5
POACHED FREE RANGE CHICKEN, FREE RANGE BACON 6
SMOKED SALMON, BRISKET 6.5
BOWL OF FRIES 7.5

BURGERS

cheese burger	15.5
beef pattie with cheese, cos, tomato and special burger sauce served on a milk bun add a side of fries 5	
katsu chicken burger	15.5
crumbed chicken breast with shredded cos, american cheese, mayonnaise and katsu BBQ sauce on a milk bun add a side of fries 5	
steak sandwich	15.9
grilled steak, american cheese, tomato, cos, aioli and bbq sauce add a side of fries 5	

BOWLS

acai VG	19
acai berry blended with banana topped with toasted granola, coconut and fresh fruit - add peanut butter 2	
falafel bliss bowl V	18
house made falafels on a bed of ancient grains, carrot and cabbage, beetroot hummus, spinach and lemon pesto dressing	
californian salad V	17
kale, blackbeans, corn, cabbage, honey roasted walnuts, grains, tomato, lemon and feta, add chicken 5	
japanese bowl	19
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, umami dust and ponzu dressing with poached chicken or smoked salmon	
bbq brisket bowl	19
with bbq brisket, brown rice, quinoa, spinach, corn and black bean salsa, sour cream, tomato and coriander add avocado 2.5	
chicken katsu bowl	19
brown rice, cabbage, pickled carrot, ponzu, katsu BBQ sauce, mayo, chicken schnitzel and sesame dust	

SOMETHING ELSE

smashed avocado with honey, chilli haloumi 2080kj	17.9
with grilled haloumi, smashed avo, hot honey and crispy chilli oil on toasted sourdough	
smashed avocado with bush dust 2610kj	17.9
with native macadamia & finger lime bush dust, feta and herbs, served on toasted sourdough	

= gluten free

V = vegetarian



Please be aware that the food we serve may contain, egg, soy, tree nuts, peanuts, dairy. if you have any allergies, please let the staff know

CREDIT CARD SURCHARGE APPLIES - 10 % SURCHARGE SATURDAYS, 15% SURCHARGE PUBLIC HOLIDAYS

Please Order at the counter