BREAKFAST (ALL DAY)
SALTED CARAMEL CHEESECAKE HOTCAKE Cheesecake crumble, cream, salted caramel, glazed banana, seasonal berries, vanilla ice cream
DARK CACAO & QUINOA BIRCHER 17.5 Grapes, maple, coconut, pomegranate, maple syrup and fresh banana
PITAYA, RASPBERRY NICE CREAM Banana, pitaya, raspberry, chia seeds, coconut water, granola
FREE RANGE EGGS 10.5 Poached, scrambled or fried on sourdough toast
SEASONAL LOCAL MUSHROOMS Pickled mushrooms, mushroom puree, herb puree, char-grilled roti bread, poached eggs (gfo, vg)
NOURISH BOWL Chargrilled pumpkin, buttered fried rice, zucchini, sautéed kale, mint yoghurt, sugar peas (vg, vo, gf) + Smoked Salmon 6 + Panko Crumbed Caciotta Cheese 5 + Poached Egg 3
AVOCADO 19.5 Grilled broccolini, sautèed zucchini ribbons, pesto, roasted pine-nuts, red radish, poached egg (vg, vo, gfo)
PEA AND RICOTTA FRITTERS Creamy cheese sauce, avocado salsa, fresh herbs + Poached Egg 3
I8H SMOKED PULLED BOSTON PORK OVER APPLE WOOD Gourmet potato herb rosti, poached eggs, apple cider hollandaise, shredded apple
CHILLI BAKED EGGS IN WOOD-FIRED OVEN 20 Smoked chorizo, fresh herbs, beans, mint yoghurt, pita bread (gfo)

Char-grilled smoked chorizo, streaky bacon, eggs your way, smashed

avocado, tomato vine with charred roti bread (gfo)

25

HISTORY BREAKFAST

LUNCH (FROM 11.30 am)
APPETIZERS (MADE FRESH IN-HOUSE) PORK DUMPLINGS, SHICHIMI SPICE GINGER SOY SAUCE CHICKEN DUMPLINGS W TOMATO SESAME SEED CHUTNEY 16
BOWLS SALT & TOGARASHI SQUID Mixed salad leaves, heirloom tomatoes, pickled carrots and cucumber, radish, fresh herbs, honey mustard vinegar
GRILLED SALMON 26 Black rice, grilled seasonal vegetables, saffron lemons with butter cream sauce
GRILLED CHICKEN TERIYAKI Ginger garlic fried rice, vegetables, smashed avocado, sautéed edamame, spring onions
SANDWICHES 16H SMOKED PORK BOSTON BAO (3) House pickled carrot & cucumber, fresh Asian herbs
KOREAN FRIED CHICKEN BAO (3) Kimchi slaw, sriracha mayo
LOBSTER ROLL 23.5 Japanese mayo, garlic butter sauce, chives, toasted brioche roll, fries
GRILLED WAGYU BURGER Smoked scamorza cheese, dill pickles, cos lettuce, tomato, Spanish onion, relish & Dijon mustard with crispy fries
SIDES BREAKFAST Wilted Spinach, Soft Herbs / Grilled Vine Tomatoes Avocado / Dry Cured Streaky Bacon / Smoked Chorizo Sausage Smoked Salmon Portobello Mushrooms / Panko Crumbed Caciotta Cheese House Made Potato Rosti Free Range Egg / Apple Cider Hollandaise 3
PRIVATE FUNCTIONS AVAILABLE

JOSPER GRILL KOREAN BBQ KALBI LAMB CHOPS Lamb quarter chops , roasted turmeric potatoes w Chinese cabbage	26
GRILLED STEAK W GOCHUJANG SAUCE Rangers Valley black angus eye of rump fillet, mb3+, seasonal mushrooms w asparagus	28
SHARED PLATTERS HISTORY ANTIPASTO PLATTER Adelaide Hills smoked prosciutto/salami, taleggio (lavato) cheese, fruits, nuts and charred sourdough	38
SIDES FRIES WITH AIOLI SAUCE BBQ CORN COB	9
DRINKS COFFEE / CHAI / TEA	
COTTLE / CHAI/ TEA	
LOCALE No 143 & LOCALE No 142 ORGANIC WITH MILK 4 BLACK 3.8 DECAF +.5 BONSOY +.5 OATS +5 MILK LAB ALMOND +.5 MILK LAB LACTOSE FREE +.5 CHAI LATTE 4.5 HOT CHOCOLATE 4.5 ICED LATE 5.5 ICED COFFEE 7 ICED CHOCOLATE 7	
TEA DROP BLACK ENGLISH BREAKFAST / EARL GREY GREEN: GENMAICHA WHITE: WHITE PONY HERBAL: CHAMOMILE /LEMONGRASS & GINGER	4.5 4.5 4.5 4.5 4.5 4.5

COLD DRINKS	
FRESHLY SQUEEZED JUICE:	
APPLE	8
ORANGE	8
BEETROOT, CARROT, CELERY, APPLE, LEMON	8.5
NOAHS CREATIVE JUICES:	5
APPLE-WATERMELON-MINT	
CHERRY-BANANA-BLACKBERRY	
PEAR-COCONUT-ALOEVERA	
BANANA-RASPBERRY-LYCHEE-GUAVA	
NIPPYS COLD PRESS JUICES:	4.8
ORANGE	
APPLE	
FEVER TREE SPARKLING	4.5
INDIANTONIC WATER	
SODA WATER	
GINGER BEER	
GINGER ALE	
HEPBURN SPARKLING ORGANIC DRINKS:	
LEMONADE LEMON & LIME BITTERS	5
PINK GRAPEFRUIT	5
HEPBURN SPRINGS SPARKLING MINERAL WATER 300ML	5
HEPBURN SPRINGS SPARKLING MINERAL WATER 750ML	10
SMOOTHIES:	
PASSIONFRUIT STORM	9.5
Passionfruit, guava, papaya, pineapple, peach, aloe-vera, apple juice	
GREEN REVIVER	9.5
Mango, lemongrass, banana, kale, apple juice	
STRAWBERRY FANTASY	9.5
Banana, strawberry, apple juice	
ACAI KICK	9.5
Wild blueberry, strawberry, mango, acai berries, apple juice	
PLEASE NOTE:	
There are no variations to the menu & the menu is subject to change without notice. Please let us know if you have any allergies and we'll do	
our best to accommodate you! Unfortunately we cannot split bills!	11 40