



Eggs Benedict

2 free range organic 63° poached eggs, fresh spinach and whipped hollandaise served in a croissant with double smoked salmon, streaky bacon, or ham off-the-bone | \$23

Crab Omelette (gfo)

Spanner crab omelette, okonomiyaki sauce, crispy shallots, chilli oil, Kewpie aioli, cilantro, served with a toasted roti paratha | \$23

Rise & Shine Big Breakfast (gfo)

Organic 100% grass fed merguez lamb sausage, double rasher bacon, chunky avocado salsa, grilled mushroom, organic petrillo tomato, potato gems, and eggs your way served with toasted sourdough | \$31

Bacon, Egg and Hash Brown Roll

2 free range fried eggs, streaky bacon, housemade hashbrown, melted cheese and harissa aioli served in a toasted milk bun | \$15
Add avocado 4 | caramelised onions 3

Signature Bacon Egg Roll

Cheddar folded eggs, spicy caramelised bacon, herbed cream cheese, pickles, on a toasted milk bun | \$16.9
Add avocado 4 | caramelised onions 3

Pina Colada Yoghurt Bowl

Coconut and vanilla yoghurt, macadamia nut granola, bruleed banana, freeze dried berries, charred pineapple, and rum butterscotch caramel | \$22

Double Grain Porridge (vv)

Fruit muesli and amaranth porridge with saffron poached pear, fresh organic berries, maple glazed roasted macadamia and rhubarb compote | \$23

Breakfast Roti

Gochujang glazed southern fried chicken, scrambled eggs, kewpie mayo, pickled carrots, pickled cucumbers, cilantro and house seasoning | \$21

Free Range Eggs on Toast (v, gfo)

2 free range eggs – 63° poached, scrambled, or fried on toasted sourdough | \$15
Add bacon 5 | avocado 4 | forest mushrooms 6

Miso Smashed Avo (v, gfo)

with miso dressing, whipped feta, chimichurri, pomegranate pearls, heirloom tomatoes, topped with homemade dukkah, crushed almonds and a 63° poached egg on toasted sourdough | \$21

Corn Fritters (vv, gf)

Corn fritters, roasted petrillo tomato, spinach, avocado salsa, and creamed corn | \$26
Add Bacon 5 | Poached egg 3 | Smoked Salmon 6

Taro Pancake (vv, gf)

Organic taro pancakes served with macadamia crumble, rum infused banana jam, roasted shredded coconut, burnt butter caramel sauce, vanilla coconut ice cream, freeze dried berries and fresh seasonal berries | \$26

Labneh Chilli Eggs (gfo)

Spicy housemade sumac and lemon spiced labneh, roasted cherry tomatoes, organic 100% grass fed merguez lamb sausage, fire roasted peppers, 2 free range 63° poached eggs and housemade Pepe Saya ghee served with toasted za'atar sourdough | \$25

Harvest Garden

Harissa roasted cauliflower fleurettes, grilled mushroom, grilled broccoli, homemade beetroot hommus, dukkah spiced pearl barley, double smoked salmon and 2 free range 63° poached eggs| \$25

Miso Quinoa Chicken Salad

Crunchy quinoa, roasted carrots, chickpeas,Spanish onion, red cabbage, pomegranate, cilantro, garlic pangratato grilled chicken and drizzled with a miso salad dressing | \$25

Crab Reginette Pasta

Reginette, blue swimmer crab, confit heirloom tomatoes, garlic pangrattato | \$32

Truffle Mushroom Bruschetta (v)

Assorted organic medley forest mushrooms and kale cooked in white wine, fresh herbs and garlic, drizzled with black truffle oil and served with grated vintage cheddar and free range 63° poached egg on toasted sourdough | \$23

Truffle Mortadella Deli Foccacia (gfo)

Freshly sliced mortadella, truffle pistachio pesto, stracciatella, rocket, pistachio kernel in a toasted foccacia | \$19

Steak Sandwich (gfo)

Scotch fillet steak cooked in a bulgogi style dressing with fire roasted peppers, jalapenos, scallions, Spanish onions and aioli served in a toasted baguette | \$27
Add thick cut potato chips 5

Reuben Sandwich (gfo)

Thick cut housemade tender pastrami, sauerkraut, Russian dressing, and melted Swiss cheese on toasted rye sourdough | \$23
Add thick cut potato chips 5

Nashville Chicken Schnitzel Burger (gfo)

Southern fried free range chicken breast golden fried in a signature spicy Nashville sauce, creamy Kewpie mayo, house pickles, creamy slaw served in a toasted milk bun | \$23
Add thick cut potato chips 5 | bacon 5

Acai Bowl (vv, gf)

Brazilian soft serve acai topped with seasonal fresh fruits, maple granola, goji berries, chia seeds, and coconut chips
Regular \$18 **Large** \$22

Add Pistachio Spread 2 | Biscoff Spread 2 | Peanut Butter 2
Passionfruit 2 | Nutella 2

KIDS

Acai Bowl (gf,vv) – with granola and seasonal fruits | \$9

Scrambled/Poached/Fried Egg and Hashbrown (v) – with white toast and pepe saya butter | \$12

Chicken Tenders – served with sweet potato chips or thick cut chips | \$12

Pancakes (v) – with macadamia crumble, seasonal fruits, ice cream, maple | \$12

Ham Cheese Tomato Toastie | \$9

SIDES

Marinated avocado 4 | **Spinach** 5 | **Haloumi** 6 | **Hollandaise** 3 | **Caramelised Onions** 3 | **Housemade Hashbrown (x2)** 5 | **Forest mushrooms** 6 | **grilled flat mushroom** 4 | **Roasted medley tomatoes** 6 | **Bacon** 5 | **100% grass fed lamb merguez sausage** 6 | **Atlantic A-Grade Smoked Salmon** 6 | **Bowl of chips with taco salt** 9 | **Sweet Potato Chips with aioli** 12 | **Potato gems** 5 |**Haloumi Fries with tomato jam** 12

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|--|--|
| 5% Surcharge Saturday 12% Surcharge Sunday 15% Public Holidays | (vv) vegan – (v) veg – (gfo) gluten free option – (gf) gluten free Please advise staff of any allergies or dietary requirements gf may not be suitable for coeliacs due to risk of cross contamination |
|--|--|

Coffee

| | S | M | L (in a t/a cup) |
|------------------------------------|-----|-----|------------------|
| Short black | 4.0 | | |
| Piccolo/Macchiato | 4.0 | – | – |
| Long Black | 5 | – | – |
| Long Black with coconut water | 4.5 | 5.5 | 7.5 |
| Flat white/Latte/Cappuccino | 4.5 | 5.5 | 7.5 |
| Hot Chocolate | 4.5 | 5.5 | 7.5 |
| Extras | | | |
| Extra shot | 0.6 | | |
| Almond Soy Lactose Free | 1.0 | | |
| Oat Coconut Honey | | | |
| Hazelnut Caramel Vanilla Syrup | 0.6 | | |

Iced Matcha

| | |
|--|---------|
| Matcha with 100% Canadian maple | \$8.5 |
| Iced Strawberry Matcha with strawberry coulis and strawberry foam | \$11.50 |
| Maple Cinnamon Matcha with 100% Canadian maple and cinnamon. | \$8.5 |
| Banana Matcha | \$8.5 |
| Pistachio Matcha | \$8.5 |

Tea

Bodhi Certified Organic

\$5.5

Sticky Chai | English Breakfast | French Earlgrey | Japanese Sencha | Lemongrass & Ginger

Spiced Lattes

S

M

L (in a t/a cup)

\$5

| \$6

| \$8

Turmeric
Benefits: improves digestion, boosts immunity, and promotes weight loss.

Matcha
Benefits: Boosts metabolism, enhances memory, and increases relaxation.

Rooibos
Benefits: Helps with skin and hair health, helps with digestion, and inflammation.

Chai
Benefits: Boosts energy, and immunity, improves metabolism, and prevents bloating,

Beetroot Cocoa
Benefits: Helps with digestion, helps in pregnancy, and reduces hair fall

Taro
Benefits: Improves function of digestive system and contributes to healthy weight loss

Freshly Squeezed Juice

\$9.9

Sunsoaker
Watermelon, Pineapple, Orange, Passionfruit

Healer
Carrot, Orange, Ginger, Lemon, Aloe Vera

Supergreens
Kale, Celery, Ginger, Cucumber, Apple

Smoothies

\$11.9

Breakfast (vv, gf)
Medjool dates, banana, peanut butter, cocoa, cinnamon, protein powder, MCT oil and almond milk

Powerhouse (vv, gf)
Spirulina, banana, organic vanilla bean paste, vanilla protein, chia seeds, and coconut milk

Strawberry Dream (vv, gf)
Strawberries, strawberry coulis, banana, cinnamon, chia seeds, almond butter, agave vanilla protein powder, and coconut water

Acai (vv, gf)
Organic acai, fresh banana and coconut water

Milkshakes

Using premium vanilla-bean ice cream

Biscoff, Nutella, Pistachio | \$12

Banana | Chocolate | Vanilla | Caramel | Strawberry | \$9

Vegan milkshakes using coconut ice cream and soy milk +2

Adults Only 18+ Drinks

\$14

Using premium vanilla-bean ice cream

Iced Coffee & Kahlua
Chocolate & Cointreu Orange Shake
Banana & Bacardi Shake
Hazelnut Chocolate & Frangelico Shake

Wine & Beer

Breakfast Mimosa \$15
Cold pressed orange juice, juice florett, and Hunter Valley Prosecco

| Sparkling & Champagne | Glass | Bottle |
|--|-------|--------|
| Gancia Prosecco Doc Brut, Italy | 12 | 55 |
| Martini Sparkling Prosecco, Italy | 11 | 50 |
| Peter Drayton Sparkling, Hunter Valley | 11 | 50 |

| White Wine | | |
|---|---|----|
| Sequent Riesling, Clare Valley | | 60 |
| Peter Drayton Chardonnay, Hunter Valley | 9 | 40 |
| 821 South Marlborough Sauvignon Blanc, NZ | 9 | 40 |

| Red Wine | | |
|--|----|----|
| Peter Drayton Shiraz, Hunter Valley | 9 | 40 |
| Peter Drayton Tempranillo, Hunter Valley | 9 | 40 |
| Tomich Woodside Pinot Noir, Adelaide Hills | 14 | 75 |

| Beer | | |
|-----------------|----|--|
| Asahi Super Dry | 11 | |
| Corona Extra | 11 | |

Soft Drinks

Soft Drinks 6
330ml glass

Ginger Beer 6
330ml glass

Lemon Lime Bitters 6
330ml glass

MOJO Orange Juice 6
330ml glass

Mount Franklin Sparkling 11
1L glass