

## BREAKFAST ALL DAY

**ACAI BOWL \$18**  
DRAGON FRUIT, SWEET YOGHURT, SEASONAL FRUIT, PEANUT BUTTER CHIA SEEDS + GRANOLA (V, VEO, GFO)

**BREAKFAST FRUIT SALAD \$17**  
STRAWBERRY & COCONUT YOGHURT, COCAO & NUT GRANOLA CLUSTERS, RASPBERRY + FRESH FRUIT (V, GFO)

**NOURISH BOWL \$22**  
SAUTÉED GREEN BEANS, BROCCOLINI, POACHED EGG, PUMPKIN, WILD RICE, EDAMAME, PEPITAS, BEETROOT HUMMUS + HALLOUMI BITES (V, VEO, GFO)

**BEETROOT CURED SALMON \$23**  
EDAMAME, BABY BEETS, GOATS CHEESE, POMEGRANATE, PUMPKIN SEEDS, MULTIGRAIN + PISTACHIO DUKKAH (V, VEO, GFO)  
**ADD A POACHED EGG +\$3**

**SMASHED AVOCADO \$20**  
EDAMAME, BABY BEETS, GOATS CHEESE, POMEGRANATE, PUMPKIN SEEDS, MULTIGRAIN + PISTACHIO DUKKAH (V, VEO, GFO)  
**ADD A POACHED EGG +\$3**

**BIG BREAKFAST \$24**  
EGGS YOUR WAY, BACON, CHORIZO, MUSHROOMS, TOMATOES, HASHBROWNS + SOURDOUGH (GFO)

**TWO EGGS YOUR WAY \$12**  
FRIED, POACHED OR SCRAMBLED ON SOURDOUGH, RYE OR MULTIGRAIN (V)  
ADD CHILLI SCRAMBLED +\$2  
ADD SEEDED GLUTEN FREE BREAD +\$1.5

**EXTRAS**  
**TOMATO RELISH / EXTRA EGG FETTA / HOLLANDAISE \$3EA**  
**MUSHROOMS / SPINACH / TOMATO \$4EA**

**HAM + CHEESE CROISSANT / TOASTIE \$9.5**  
CHEESE + TOMATO CROISSANT / TOASTIE \$8.5  
EGG + BACON ROLL \$11  
ASSORTED SANDWICHES \$12.5  
**DEATH BY CHOCOLATE CAKE \$10**  
CHEESE CAKE \$10  
LEMON TART \$10  
APPLE CRUMBLE \$10

**SMOKED SALMON / HALLOUMI BITES / KRANSKY \$6EA**  
**V VEGETARIAN VEO VEGAN OPTION**  
**GF GLUTEN FREE GFO GLUTEN FREE OPTION**

## LUNCH FROM 11:30AM

### TLP SPECIALTIES

#### RUBEN BENNY \$24

TWO POACHED EGGS, SPINACH, HOUSE MADE PASTRAMI, SPINACH HOLLANDAISE + DARK RYE (GFO)

#### BUTTER MILK & RICOTTA PANCAKES \$21

VANILLA BEAN MASCARPONE, PASSIONFRUIT, MAPLE, SEASONAL BERRIES, HONEYCOMB + SEED CRUMBLE (V)

#### BREAKFAST HOTDOG \$19

CHEESE KRANSKY, SRIRACHA AIOLI, RELISH, SCRAMBLED EGG, Brioche ROLL, TOMATO SALSA + TWO HASH BROWNS

#### FRIITTERS \$24

SWEET POTATO, PUMPKIN + HALLOUMI, RELISH, TWO POACHED EGGS + AVOCADO (V)

#### WITH YOUR CHOICE OF SMOKED SALMON, MUSHROOMS OR BACON

#### CHILLI SCRAMBLE \$17

CHILLI PESTO, ROASTED SWEET BABY CAPSICUM, CHERRY TOMATO, GOAT'S CHEESE, JALAPENO SOURDOUGH (V, GFO)

#### ADD CHORIZO +\$5

#### ADD BLUE SWIMMER CRAB + \$7

### THE BAKERY

#### BANANA BREAD \$6

PLAIN CROISSANT \$5.5  
ALMOND CROISSANT \$6.5  
CASSORTED CRUFFIN \$6.5

#### ROCKET SALAD \$9

PEAR, PARMESAN, AGED BALSAMIC SLAW \$9  
CARROT, CABAGE, KEWPIE MAYO

#### SIDES

SWEET POTATO CHIPS \$12  
HERB AIOLI

#### FRENCH FRIES \$9

TOMATO SAUCE

**LIGHTLY FRIED CALAMARI SALAD \$25**  
CHERRY TOMATOES, BABY COS, RADICCHIO, PEAS, AIOLI + LEMON

#### SOBA NOODLE SALAD \$20

CARROTS, CUCUMBER RIBBONS, CHILI SPRING ONION, BEAN SHOOTS, CRISPY SHALLOTS, PEANUTS, HERB SALAD, GINGER + LIME VINAIGRETTE (V, GFO, VEO)

#### MOROCCAN SALAD \$19

KALE, PEARL BARLEY, CARROTS, CHICKPEAS, CRANBERRIES, PICKLED ONION, PERSIAN FETTA, ALMONDS, LEMON + HERB DRESSING (V, GFO, VEO)

#### SUPER GREENS SALAD \$19

KALE, BROCCOLINI, MIXED SEEDS, PUMPKIN, GOJI BERRIES, FETTA, PICKLED RED CABBAGE, WILD RICE, MAPLE DRESSING (V, VEO, GF)

#### ADD PROTEIN TO YOUR SALADS

LAMB SHOULDER + \$6 SMOKED SALMON + \$6 GRILLED CHICKEN + \$5 CALAMARI + \$8

#### EAT SOME SPAGHETTI! DON'T BE UPSET!

CHILLI PESTO, ROASTED SWEET BABY CAPSICUM, CHERRY TOMATO, GOAT'S CHEESE, JALAPENO SOURDOUGH (V, GFO)

ADD CHORIZO +\$5  
ADD BLUE SWIMMER CRAB + \$7

### FUNCTIONS & CATERING

#### VEGGIE BURGER \$23

SWEET POTATO & HALLOUMI PATTIE, TOMATO, LETTUCE, MAYO, JACK CHEESE, RELISH, FRIES + Brioche Bun KARAAGE MARINADE, SRIRACHA, CORIANDER SLAW, PICKLED ONION, CARROT, KEWPIE MAYO, FRIES + Brioche Bun

#### GLUTEN FREE BUNS AVAILABLE + \$2

#### THE LAST PIECE

EST 2011

#### FRENCH FRIES \$9

TOMATO SAUCE

#### VEGETARIAN VEO VEGAN OPTION

#### GF GLUTEN FREE GFO GLUTEN FREE OPTION

