

THE FOOD | THE BAGELS | THE COFFEE | THE DRINKS | THE SWEETS

"The meal is the act of sitting down together"

THE SOUL FOOD

TOASTED BAGEL/SOURDOUGH/RYE BREAD \$6

W/ HOUSE-MADE JAM / HONEY / NUTELLA / VEGEMITE (GFO)

TOASTED CINNAMON RAISIN OR BLUEBERRY BAGEL \$8

W/ CREAM CHEESE /HOUSE-MADE JAM

THE TOAST TRIO \$12

W/ AVO / SWEET PEA / FETA CRUSH, HUMMUS, ONION / CHILLI JAM

THE GRANOLA \$14

SPICED MATZO, MAPLE SYRUP, APPLE STICKS, ROAST BERRY COMPOTE, LEMON & HONEY YOGURT (V)(N)

THE OMELETTE \$16

SWISS CHEESE, TOMATO RELISH, SPINACH (N)

W/ FIELD MUSHROOMS OR SMOKED SALMON

EGGS ANY STYLE \$16.50

DUKKAH, TOMATO RELISH ON SOURDOUGH OR RYE (GFO)(N)

W/ SMOKED SALMON OR BACON STEAK

THE MUSHROOMS \$18

ROASTED FIELD MUSHROOMS, PAN-FRIED HALLOUMI, KALE, AVO-SWEET PEA-FETA CRUSH, RYE BREAD (N)

W/ POACHED EGGS \$22

THE BLINTZES \$15

FRESH BLUEBERRY AND RICOTTA BLEND FILLED CREPES, CARAMELISED BANANA, ROAST BERRY COMPOTE

THE CHALLAH FRENCH TOAST \$18

ROASTED FRUIT, TOASTED ALMOND, CARAMELISED BANANA, BERRY MASCARPONE, MAPLE SYRUP (N)

MAMMA'S MATZO BALL CHICKEN SOUP \$15.50

TRADITIONAL JEWISH DUMPLINGS IN CHICKEN AND VEGETABLE SOUP W/ HORSERADISH AND TOASTED BAGEL 1/2

THE KNISH \$16.50

JEWISH PASTRY FILLED WITH SWEET POTATO, SPINACH & CARAMELISED ONION W/ GARDEN SALAD, SPICY MUSTARD, TOMATO RELISH (V)(N)

THE LOUISIANA GUMBO \$18

CRAB MEAT, PRAWNS, CLAMS, OKRA, RED PEPPERS W/ CORNBREAD

THE MISSISSIPPI SPECIAL \$18

SOUTHERN FRIED CHICKEN, SPICY CHIPOTLE MAYO, KALE SLAW SERVED ON A TOASTED BAGEL W/ WATERMELON (N)

THE CHEESEBURGER BAGEL \$20

NY DELI STYLE BURGER- 100% ORGANIC WA HOUSE SEASONED GROUND BEEF, COS LETTUCE, GHERKIN, AMERICAN CHEESE, RED ONION, KETCHUP, MUSTARD W/ CRISPY ROSEMARY SPUDS (N)

THE PICKLED BEEF \$19

SLOW COOKED BEEF TOSSED IN MAPLE SYRUP W/ CORNBREAD, TOMATO RELISH, SPINACH, JALAPEÑO CREAM CHEESE WHIP, FRIED EGGS (N)

VEGETARIAN OPTION AVAILABLE W/ FIELD MUSHROOMS

THE BIG SALAD \$16

EVERYDAY IS A DIFFERENT CREATION

W/ CORNED BEEF \$20

W/ FRIED CHICKEN \$20

W/ SMOKED SALMON \$20

W/ EGGS \$20

THE SIDES

TOMATO / SPINACH / KALE / HUMMUS \$3

RYE OR SOURDOUGH BREAD / AVOCADO / AVO-SWEET PEA-FETA CRUSH / PAN FRIED HALLOUMI / MUSHROOM / EGGS ANY STYLE \$4

BACON STEAK / FRIED CHICKEN / CRISPY ROAST SPUDS / GARDEN SALAD \$5