

ORGANIC TOASTED SOURDOUGH 8.0 / V / VG w/ a choice of spreads.

ORGANIC FRUIT TOAST 8.0 / V / VG w/ a choice of spreads.

BANANA BREAD 6.0 / V

w/ strawberries & maple butter.

TOASTIE ON TURKISH 13.5

w/ ham, cheese, tomato, spinach, aioli.

BREKKY BURGER 13.5

Fried egg, bacon, relish, Swiss cheese, aioli & leaves on organic seeded bun

AVOCADO & CHERRY TOMATOES 17.5 / V

on toasted organic sourdough w basil, goats cheese & dried olive. Vegan option add coconut feta.

PANCAKE 19.0 / VG / GF / DF

w/ passion fruit coconut yoghurt, cinnamon poached pear, Strawberries, frosted almonds & maple.

PORTOBELLO MUSHROOM OMELETTE 18 / V

w/ goats cheese, caponata, toasted hemp seeds, basil &
organic sourdough.

EGGS BENEDICT 19.5

Honey glazed ham, roast cherry tomatoes, lemon dressed leaves, poached eggs & hollandaise on Turkish toast.

THAI CHILLI SCRAMBLE 18.0 / V

w /green papaya, bean sprouts, lemongrass & ginger sauce on sourdough w Sichuan chilli oil.

All Day Menu

GRILLED HALOUMI 19 V, GF

w/ roast potato, charred corn, lentils, jalapeños, avocado, coriander, fried egg & salsa roja.

SEASONAL HARVEST BOWL 21.0 / V / GF / DF

Broccoli, kale, cherry toms, buckwheat tabouli, cauliflower, avocado, roast pumpkin, pickled red cabbage, hummus, poached egg & dukka.

Vegan option sub egg for tofu.

SLOW COOKED BEEF BRISKET SANDWICH 18.5

On organic sourdough w sauerkraut, house pickles, vintage cheddar, tomato & horseradish aioli.
Veg option sub brisket w mushrooms/Add egg \$2

HOUSE SMOKED SALMON BOWL 24.0 / GF / DF

w/ quinoa, kale, miso broccoli, avocado, pickled ginger & carrot, coriander, fresh chilli, radish, poached egg, sesame seeds & ponzu sauce.

KARAAGE CHICKEN BURGER 19 / DF / GF AVAILABLE

w/ avocado, slaw, pickles, wasabi mayo, pickled ginger on organic seeded bun w sweet potato chips.

BEETROOT FALAFEL & BROWN RICE SALAD 22 / V / GF

w/ currants, toasted cashew nuts, pickled chilli, carrot, zucchini, fresh herbs, & Labneh.

FISH TACO 20.0 GF /DF

Grilled barramundi, avocado, cherry tomato, ruby grapefruit, slaw, coriander, shallots, house jalapeño chilli sauce & pickled red onion.

BANH MI 18.0 / DF

Vietnamese baguette w smoked pulled pork, pickled carrot, cucumber, coriander, shallots, nam jim & aioli.

HOT CHIPS 7.0 / GF / V / DF SWEET POTATO CHIPS 9.0 / GF / V / DF

BREAKFAST YOUR WAY & SIDES

2 eggs your way on toast 10.5
House smoked salmon 7.0
Bacon 6.0
Grilled Haloumi 4.5
Marinated Tofu 5.0
Side of miso greens 7.0
Avocado 4.5
cherry tomatoes/spinach 4.0/Each
Portobello mushrooms 4.5
All house made tomato relish/eggplant chutney/pear & date chutney 2.0/Each

From 7.30am till 2.30pm, check out our fridge display for fresh baked sweets & muffins! V - VEGETARIAN GF - GLUTEN FREE VG - VEGAN DF - DAIRY FREE

Smoothies & Bowls

All smoothies can be made as smoothie bowls just take your favourite smoothie and we top it with fresh fruit, house made gluten free granola made with organic puffed brown rice, coconut, quinoa flakes, almonds & chia seeds. \$16.5

Add cacao nibs 1.5 Add macadamia nut butter 2.0 No alterations to smoothies

AÇAI 10.5 / BOWL 16.5 GF / VG / DF

Açai, banana, blueberries, coconut oil, coconut milk.

ISLAND VIBES 10.5 / BOWL 16.5 GF / VG / DF

Mango, banana, pineapple, mint, coconut cream, Coconut milk.

BLUE MOON 10.5 / BOWL 16.5 / GF / VG / DF

Blue spirulina, banana, mango, coconut cream, almond milk.

HAPPY MONKEY 10.5 / BOWL 16.5 / GF / VG / DF

Banana, double shot espresso, peanut butter, dates, almond milk.

10% Sunday Surcharge & Public Holidays

Check our Blackboard for Weekly Specials