## MENU

## Trio mushroom

Truffled mushrooms, kale, mushroom cream, whipped goats cheese, scrambled egg and spinach on soy linseed sourdough

## Big boy Breakfast Burger

On brioche bun, Bacon, wagu beef paddy, fried egg, beetroot, tomato, onion, hash brown

## Fancy Pants Omelette

Ham, cheese tomato and mushroom, free range scrambled eggs

Traditional breakfast
Bacon and eggs, with beans, tomato, mushroom and hash brown

## Eggs Benedict

Brioche bread, topped with bacon, a poached egg, and hollandaise sauce.
w/Smoke salmon or Bacon

## French Toast

Fried brioche eggs, maple syrup, with either bacon or fresh fruit

## Croque Madame

A French sandwich made with ham, cheese, and a creamy bechamel sauce, topped with a fried egg

## Breakfast Burrito

Double bacon, scrambled or fried eggs, cheddar cheese, mixed leaf and chilli mayo
\$21.90
\$21.90
\$26.00
\$17.90
\$19.90
\$18.90
\$14.90
Veggie Burrito ..... $\$ 13.90$
Scrambled or fried eggs,grilled halloumi, spinach,Bbq or tomato SauceWarm winter porridge$\$ 14.90$w/spiced apple
Charred seasonal fruit toast$\$ 14.90$
Grilled Seasonal fruit toast,ricotta, fresh berries, honeyand walnuts
Ricotta Hotcakes\$22.90
With banana and maple syrup or blueberry.
Vegetable soup
Cup ..... \$7.90
Bowl ..... \$12.90
Beef Ragu pasta ..... \$24.90
Chicken Pesto pasta ..... $\$ 19.90$
Steak sandwich ..... \$24.90200g wagu steak, beetroot,lettuce, tomato, fried egg ,caramelised onion, aioli, BBQand rocket on sourdoughAdd pineapple
Naked Burger ..... \$25.00Wagu Beef paddy, lettuce,tomato, beetroot, cheese,onion, pineapple
Grilled Protein Skewers \& salad ..... \$24.90Two Freshly grilled Chicken,Beef or Lamb skewers servedwith Greek pita bread, herbedGreek salad, tzatziki andbeetroot hummus.Single skewers $\mathbf{\$ 8}$ chicken or beef or lamb

Rice noodle, edamame, cucumber, Rocket, cherry tomatoes, spanish onion, parmesan cheese, topped with Zesty Green sauce,
Add chicken \$3.50

## Quinoa Salad

$\$ 16.90$
A healthy and flavourful salad made with quinoa, roasted veggies and tangy vinaigrette

## Japanese Classic

\$16.90
Soba noodles, cucumber, cherry tomatoes, avo, white seasame sweet soy dressing

## Peanut Chicken Salad

\$16.90
Rice noodles, pineapple, cucumber, peanuts, bean sprouts, onion

## Chicken Caesar salad

\$ 16.90
Baby cous lettuce, homemade Cesar dressing, crispy bacon, croutons, anchovy, poached egg and parmesan.

## Freshly squeezed Juices.

$\$ 9.90$
Green Juice - Green Apple, Kale, Cucumber,
Celery and mint
Fresh Juice - Apple, Orange,
Pineapple, Mint
Winter Juice - Carrot, Ginger,
Apple and Orange

## Smoothies

\$11.90
Peanut butter Smoothie - Peanut Butter, Cocoa, Banana and almond milk

Berry Elixir - Blueberries, raspberries, baby spinach, dates, walnuts, coconut water

Acai Smoothie - Acai, Banana,
Orange Juice

## Salmon Fiesta

\$21.90
Smoked salmon, avocado, capers and dill cream cheese, radish, onion, rocket and 2 poached eggs on a soil seed bread.

Grilled Italian bread, rubbed with garlic, drizzled with olive oil, and topped with diced tomatoes and herbs.

Add: 1 boiled egg for protein
Ham and Cheese Croissant
Smoked Ham, cheddar cheese and tomato.

BLT
Bacon, lettuce, tomato and aioli in Turkish bread

## Toast

\$5.90
2 Toast ( White,Soy Linseed, Whole Wheat) with butter, jam, peanut butter, honey or vegemite. Gluten Free Bread or Fruit Bread \$1

Bacon and Egg Milk Bun
Double Fried egg, double bacon, rocket, aioli or Bbq sauce on brioche bun

Wrap \$ 1

## Brain Booster Yogurt Bowl

98\% fat free Greek yogurt,
seasonal fruit, Sonoma granola
Eggs your way
2 eggs your way free range,
Sourdough (White,Soy Linseed,
Whole Wheat) toast and tomato relish

Acai Bowl
\$17.90

Acai topped up with strawberries, banana, mixed berries, granola, coconut seeds and seasonal fruit

Add peanut butter \$2
KIDS MENU
Toast with fried or poached
egg or scrambled \$5
Fruit bread with butter and jam \$5
Warm plain porridge \$5

