

FOOD *the light side*

TOAST	white or wholegrain tin	5.5	turkish	6.5
	raisin	5.9	bagel	6.5
	rye	6.5	challah	6.5
	french peasant (potato parmesan)	6.5	sourdough	6.9
	banana bread (one slice)	6.9	ciabatta	6.9
	gluten free	6.9	linseed & quinoa	6.9

ON TOAST	avocado and vegemite with wholegrain toast <i>(try with a poached egg or two)</i>	10.9	(v)
	labneh with sliced apple on fruit toast with honey and flaked almonds	11.9	(v)
	banana bread with poached pear, mascarpone, honey and crushed candied walnuts	11.9	(v)
	roast pumpkin with charred corn, danish feta and rocket on sourdough toast	11.9	(v)
	macerated blackberries on fruit toast with mascarpone	12.9	(v)
	hommus, grilled asparagus and dhukka <i>(ciabatta)(try with a poached egg)</i>	13.5	(v)(vg)
	smoked salmon on a toasted bagel with cream cheese, onion and capers	14.5	
	bruschetta with sliced avocado, tomato, almond pesto <i>(sourdough)</i>	14.9	(v)
	chilli mushrooms with spinach and feta <i>(linseed and quinoa)</i>	16.5	(v)
	avocado, pea and mint smash with blistered cherry tomatoes and feta <i>(ciabatta)</i>	17.5	(v)
open rye sandwich, smoked salmon, tomato salsa, avocado, capers and poached egg	17.5		

BREAKFAST BOWLS	porridge with rhubarb compote, honey and hot milk	13.5	(v)
	passion fruit, blueberry and coconut layered chia jar	14.2	(v)(df)(vg)
	swiss bircher with rhubarb and raspberry compote with toasted almonds	14.9	(v)
	acai bowl with banana, berries and a mix nut sprinkle	16.5	(gf)(v)(df)(vg)
	deluxe granola with yoghurt, berry compote and milk	16.9	(v)
	beans bowl with mushroom, peperonata, a fried egg, salsa verde and artisan toast	22.6	(v)

CREPES	lemon and vanilla sugar	10.9	(v)
	nutella, banana and hazelnuts	13.9	(v)
	caramelized banana with butterscotch sauce	15.5	(v)
	blackberries, mascarpone and maple	16.5	(v)
	ham, cheese, tomato salsa	17.5	
	chicken, spinach, mushroom and cheese	21.5	

TOASTIES	ham and cheese on whole grain with a side of relish	10	
	avocado and cheese on wholegrain with a side of relish <i>(try with chicken)</i>	13	(v)
	BLT with avocado smash on turkish bread and a side of slaw	17.7	
	reuben – corned beef, pickled cabbage, mustard, swiss cheese on rye and rocket salad	19.9	

BREAKFAST EXTRAS	one egg, hummus, yoghurt, slice of toast, hollandaise, relish, sliced tomato	3	
	mushrooms, corn fritter, potato cake, avocado, roast pumpkin wedge, ham, swiss cheese, spinach, roasted tomato, danish feta	4.5	
	bacon, smoked salmon, smoked chorizo, field mushroom, avocado smash, side of roast potato, peperonata, beans	5.5	

Toast

(v) vegetarian; (vg) vegan; (df) dairy-free; (gf) gluten-free
 all meats are gluten free. for gluten free options, or most other dietary requirements, please ask staff
 see specials board for more, please order at the counter, prices include gst
 half serves, where possible, are charged at 25% off
 on public holidays a 10% surcharge applies

FOOD *not so light*

THE USUAL SUSPECTS	eggs on toast, scrambled (<i>add \$1</i>), poached or fried	12 (v)
	bacon and eggs on toast, scrambled (<i>add \$1</i>), poached or fried	16.5
	full breakfast with eggs done your way, bacon, mondo's chorizo, grilled tomato and mushrooms – scrambled (<i>add \$1</i>), poached or fried	23.5
	vegetarian full breakfast with eggs, scrambled (<i>add \$1</i>), poached or fried, quinoa patty, roast pumpkin wedge, field mushroom, grilled tomato	22.5 (v)
	cheesy scrambled eggs with spinach, grilled tomato on rye with vegemite	18.5 (v)
	bacon and egg burger with tomato relish and a side of slaw	13.5
	smoked gluten free chorizo with garlic roast field mushroom, grilled tomato	24.5
	poached eggs (<i>ciabatta</i>)	

THE BENEDICTS	all served on potato and parmesan toast with poached eggs and house-made hollandaise	
	the benedict with ham	16.9
	the florentine with spinach	16.9 (v)
	the norwegian with salmon	18.5
	the kevin with bacon	18.5
	the porky butt with pulled pork	18.5

BRUNCHY	corn fritters with bacon and maple syrup (<i>try it with eggs</i>)	16.9
	corn fritters with avocado, poached eggs and hollandaise sauce	17.9 (v)
	egg white omelette with spinach, cherry tomato, feta and pumpkin	18.9 (v)
	spanish omelette with chorizo, red onion, potato, peperonata and pecorino	19.9
	french toast (<i>see specials board</i>)	MP
	quinoa patty with smashed avocado, haloumi, poached eggs and rocket	18.5 (v)
	smoked salmon on a potato cake with fresh spinach, avocado poached eggs and hollandaise	21.5

LUNCHY	steak sandwich with harvey beef, caramelised chilli onions, swiss cheese and salad on turkish panini with a side of roast potato	21.9
	pulled pork, grilled haloumi and Chipotle slaw bagel stack with a side of roast potato	20.5
	marinated grilled chicken burger with bacon, avocado, fried egg, salad with a side of roast potato (<i>brioche bun</i>)	21.9
	the works burger - Beef pattie, bacon, cheese, fried egg, tomato relish and salad with a side of roast potato (<i>brioche bun</i>)	21.9
	veg burger - quinoa pattie, peperonatta, roasted beetroot, hommus, avocado smash, salad with a side of roast potato (<i>brioche bun</i>)	19.5 (v)
	pan fried gnocchi with smoked chorizo, spinach, mixed mushrooms, rocket almond pesto and danish feta	19.9
	club sandwich with chicken, bacon, tomato, mesculin, creamy egg, avocado smash and a side of slaw (<i>wholegrain</i>)	21.8

SALADS	garden salad with cherry tomato, cucumber, mesculin, red onion and lemon mustard dressing	15.5 (v)(vg)(gf)
	roast beetroot salad with spinach, feta, candied walnuts and balsamic dressing	17.5 (v)(gf)
	western warriors cajun chicken salad with charred corn, tomato salsa, avocado and a yoghurt dressing	21.9 (gf)
	nourish bowl with smoked salmon, charred corn, avocado, cherry tomatoes, hummus, quinoa granola, pickled red cabbage and asparagus	24.5 (gf)

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