

FOOD *the light side*

TOAST	white or wholegrain tin	5.5	turkish	6.8
	raisin	6.1	bagel	6.5
	french peasant (potato parmesan)	6.8	sourdough	7.1
	banana bread (one slice)	6.9		
ON TOAST	banana bread with caramelized banana, mascarpone, honey and candied walnuts	12.5	(v)	
	smoked salmon on a toasted bagel with cream cheese, red onion and capers	15.2		
	bruschetta with sliced avocado, tomato, almond pesto, basil on sourdough <i>(add bacon)</i>	15.5	(v)(vgo)(gfo)	
	open french peasant sandwich with smoked salmon, tomato salsa, avocado, capers and a poached egg with a side of slaw	17.9	(vo)(gfo)	
	avocado, pea and mint smash with pomegranate salsa, danish feta and reduced balsamic on french peasant toast	19.5	(v)(vgo)(gfo)	
	wild mushrooms with spinach, poached egg, feta on sourdough toast <i>(add chorizo)</i>	22.5	(v)(gfo)	
	pork belly with pickled cabbage, orange crackle dust, herbs, sliced chili on sourdough	22.5		
	open club sandwich with chicken, bacon, avocado, poached egg, mesulin, tomato on sourdough with a side of slaw	22.9		
BREAKFAST BOWLS	porridge with berry compote, honey and hot milk	13.5	(v)(vgo)	
	swiss bircher with cranberries, coconut and compote and almond flakes	14.9	(v)	
	deluxe granola with yoghurt, berry compote and milk	16.9	(v)	
CREPES	strawberry, vanilla sugar and lemon	12.9	(v)	
	nutella, banana and hazelnuts	13.9	(v)	
	mixed berries, mascarpone and maple syrup	18.9	(v)	
	chicken, spinach, mushroom and cheese	22.9		
	breaky crepe - bacon, cheese, mushroom, spinach, fried eggs and tomato relish	22.9		
TOASTIES	ham and cheese on whole grain with a side of relish	11	(gfo)	
	tomato and cheese on whole grain with a side of relish	11	(v)(gfo)	
	ham, tomato and cheese on whole grain with a side of relish	13	(gfo)	
	avocado and cheese on whole grain with a side of relish	13	(v)(gfo)	
BREAKFAST EXTRAS	one egg, hummus, yoghurt, slice of toast, hollandaise, relish, sliced tomato	3		
	potato cake, avocado, roast pumpkin wedge, ham, swiss cheese, spinach, roasted tomato, danish feta	4.5		
	bacon, corn fritter, smoked salmon, smoked chorizo, mushroom, avocado, haloumi, side of roast potato, rosti	5.5		

Toast

(v) vegetarian; (vo) vegetarian option (vg) vegan; (gf) gluten-free; (gfo) gluten-free option
 all meats are gluten free. for gluten free options, or most other dietary requirements, please ask staff
 see specials board for more, 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	13 (v)(gfo)
bacon and eggs on toast, scrambled (<i>add \$1</i>), poached or fried	17.5 (gfo)
cheesy scrambled eggs with spinach, feta, grilled tomato on french peasant with vegemite	19.5 (v)
french toast with orange, berry mascarpone, meringue, white chocolate and maple syrup	19.5 (v)
breakfast bagel with bacon, fried eggs, swiss cheese, avocado, spinach, sriracha and a side of coleslaw	22.9 (gfo)
garden breakfast with eggs done your way, roast pumpkin, roast mushroom, wilted spinach, grilled tomato, potato cake and 1 piece of toast	24.5 (v)(gfo)
farmers breakfast - eggs done your way, bacon, mondo's chorizo, potato cake, grilled tomato and roast mushrooms and 1 piece of toast	25.5 (gfo)

THE BENEDICTS

all served on potato and parmesan toast with poached eggs and house-made hollandaise	
the benedict with ham	17.1 (gfo)
the florentine with spinach	17.1 (v)(gfo)
the kevin with free range bacon	18.9 (gfo)
the norwegian with salmon	19.5 (gfo)
the porky butt with pulled pork	20.9 (gfo)

LUNCHY

grilled eggplant on roast potato and chilli onions, with fried eggs, mini rocket and pecorino salad, hollandaise and sriracha	16.9 (v)
grilled vegetarian wrap with eggplant, zucchini, pepperonatta, hommus, rocket and aoli	16.9 (v)(vgo)
omelette with spinach, cherry tomato, feta and pumpkin (<i>egg white option available</i>)(<i>add bacon</i>)	18.9 (v)(gfo)
crab omelette with spring onion, cherry tomato, served with an asian slaw	19.9 (vo)(gfo)
nasi goreng with bacon, vegetables, and a fried egg (<i>mild, medium or hot</i>)	19.9
haloumi burger with roast pumpkin, mesculin, tomato, tomato relish and a side of roast potato	19.9 (v)
pulled pork burger with grilled haloumi, chipotle slaw with a side of roast potato	22.9
marinated chicken wrap with avocado, tomato salsa, mesculin and chipotle mayo	22.9
corn fritter with smoked salmon, avocado, spinach, poached eggs and hollandaise	23.5 (vo)
corn fritter with maple bacon, salsa, charred corn, poached eggs	23.5 (vo)
steak sandwich with harvey beef (medium-rare), caramelised chilli onions, swiss cheese and salad on turkish panini with a side of roast potato	23.9 (gfo)
potato rosti with bacon, poached eggs, smashed avocado, blistered cherry tomato, feta and broccolini	26.5 (gf)(vo)

SALADS

pumpkin salad with feta, rocket, charred corn tossed in olive oil (<i>add sourdough</i>)	16.5 (v)(vgo)(gf)
western warriors cajun chicken salad with charred corn, tomato salsa, avocado, tossed in a yoghurt dressing (<i>add a poached egg</i>)	21.9
nourish bowl with smoked salmon, charred corn, avocado, cherry tomatoes, hummus, quinoa granola, pickled red cabbage and broccolini	26.2 (vo)(gf)
pork belly with poached egg, cherry tomato, avocado, spinach and rocket salad with with soy infused papitas tossed in lemon mustard dressing topped with crackle dust	26.5

Toast

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