

food

breakfast

- TOAST** sourdough rye & quinoa / fruit toast w. homemade jam / australian honey / 100% peanut butter w. gluten free bread +\$2 \$6
- PB & B TOAST** 100% peanut butter w. sliced banana, 'cacao honey' on toast (v/df/gf*) \$7
- BIRCHER MUESLI** w. grated apple, chia, coconut & almond milk. Topped w. pear, kiwi, macadamia & almond crumble, served w. green juice shot (v) w. coconut yoghurt (df/vg) +\$2 \$12.5
- COCONUT, CHIA & OAT PORRIDGE** w. spiced poached pear, orange syrup, pistachios & cranberries. Served w. a pot of milk (df*/vg*) w. almond milk +\$0.7 // w. soy milk +\$0.5 \$14.5
- B. BOARD:** cup of granola & yoghurt topped w. fresh fruit, & a piece of toasted rye w. avocado, pepitas & sprouts (v/gf*/df*/vg*) \$15
- BREAKFAST SALAD** w. red quinoa, roasted sweet potato, broccoli, leafy greens, pistachio dukkah, pomegranate, poached egg & lemon-tahini dressing (gf/df/p/vg*) \$17.5
- SALMON & GREENS** breakfast bowl w. grilled salmon, sauteed leafy greens & red quinoa. Topped w. tumeric roasted almonds, fresh chilli & a poached egg (gf/df/p) \$21.5
- GREEN NOURISH BOWL** w. asparagus, broad beans, cauliflower, kale, grilled zucchini & roasted pepitas, served w. semi-dried tomato, roast capsicum pesto & poached egg, sprinkled w. chili-paprika salt (gf/v/vg*) \$16.5
- GREEN PEA & AVO PLATE** smashed peas & avocado on toast w. grilled asparagus, crumbed feta coated in kale pesto & poached eggs, topped w. fresh herbs (v/gf*) \$17.5
- WARMING VEG BOWL** slow cooked eggplant, zucchini & turtle beans stewed in a tomato based sauce. Served w. a poached egg, green herb hummus, rocket & sourdough rye (df/v/vg*/gf*) \$17
- BREAKFAST WRAP** smoked bacon, egg, red kidney beans, roasted capsicum, grilled tomato, spinach, parsley & relish (gf*) \$12.5
- FREE RANGE EGGS** poached on toast (v/gf*) \$10
- EXTRAS**
salmon (med-rare) +\$6
pialligo farm smoked bacon +\$4.5
avocado / garlic-thyme mushrooms / haloumi +\$4
wilted greens / blistered cherry tomatoes / grilled asparagus / feta +\$3.5
gluten free bread / poached egg +\$2

lunch

- JAPANESE SALAD BOWL** w. miso coated eggplant & sweet potato, grilled broccolini, spinach & brown rice, drizzled w. housemade miso-tahini & topped w. pickled ginger, nori & nigella seeds (gf/vg/v/df) w. grilled salmon +\$6 \$15.5
- GRILLED CHICKEN SALAD** middle eastern spiced grilled chicken w. a roasted cauliflower, capsicum, spanish onion & mint salad. Served w. sweet potato hummus, roasted hazelnuts & a yoghurt-apple cider vinegar dressing (gf/df*) \$20
- OSSO BUCO:** veal shin slowly braised in tomato based broth. Served w. zoodles & topped w. gremolata (gf/df/p) \$19.5
- ROASTED VEGETABLE STACK:** marinated eggplant, zucchini, field mushroom, pumpkin & sweet potato, layered w. kale pesto & romesco sauce. Topped w. kale chips (gf/df/v/vg/p) w. grilled chicken +\$6 \$14.5
- OPEN LAMB TACO** wholegrain tortilla topped w. slow braised mexican spiced lamb, corn, jalapenos, avocado, sumac roasted cauliflower, red cabbage, tomato salsa & coriander (df) + optional: 'naked' taco — substitute the tortilla for fresh spinach (gf) \$17.5
- SOUL BOWL:** baked falafels served w. roasted spiced pumpkin & chickpeas, coconut red lentil dahl, crunchy cabbage-apple slaw & green tahini (gf/df/v/vg) \$16
- SPICY CHICKEN CURRY** w. chinese broccoli, bean sprouts, coriander, ginger, lemongrass & brown rice (gf/df) \$16.5
- PULLED LAMB SALAD** w. Moroccan spice quinoa, roasted beetroot, asparagus, spinach, almonds & mint, topped w. sumac yoghurt & cranberries (gf/p*/df*) \$19
- SALAD** pick 1 (or mix 2 or 3) daily salads w. your choice of balsamic & olive oil, lemon & olive oil or housemade tahini dressing — ask at the counter for today's selection w. grilled salmon (med-rare) or chicken breast +\$6 \$13.5
- SOUP** served w. sourdough rye - ask at the counter for today's soup \$10.5
- SALAD & SOUP** small bowl of soup & a small salad \$12

breakfast 7–11:30am / lunch 12–2:30pm
please order at the counter

please notify staff of food intolerances
or allergies

gf / gluten free p / paleo v / vegetarian
df / dairy free vg / vegan * / on request