



TOAST (V)

With butter and seasonal preserve

Sourdough / Pumpkin multigrain / Rye / Fruit - \$7.00

Crumpets / Gluten free - \$8.00

PALEO GRANOLA (Vg, GF, DF)

Mixed of seeds, nuts and dried fruits served with  
coconut yogurt and fresh fruits

- \$14.00 -

ACAI BOWL (Vg, GF, DF)

Acai and blueberry smoothie with  
granola and seasonal fruits

- \$16.00 -

QUINOA PORRIDGE (Vg, DF)

Oats and quinoa porridge, almond milk,  
mixed nuts and red wine poached pear

- \$16.00 -

AVOCADO (V, DF)

On pumpkin multigrain toast with pickled heirloom beetroot,  
charred corn, pomegranate, radish and poached eggs

- \$19.00 -

EGGS BENEDICT (GF)

Chipotle pulled pork, poached eggs  
and aerated hollandaise on potato hash

- \$19.00 -

STRAWBERRIES AND CREAM WAFFLES (V)

Vanilla waffles with strawberries, blackberry coulis,  
chantilly cream and strawberry gelato

- \$18.00 -

BUCKWHEAT PANCAKE (Vg, GF, DF)

With cashew cream, seasonal fruits,  
maple syrup and nut crumbs

- \$19.00 -

HOT SMOKED SALMON

On rye toast with beetroot relish, dill crème fraîche,  
poached egg, pickled fennel and pea tendril salad

- \$20.00 -

TRIO MUSHROOMS (V, GF)

Garlic roasted mushrooms with porcini polenta soldiers,  
cauliflower purée, crispy enoki and poached egg

- \$19.00 -





NOURISH BOWL (V, GF, DF)

Tahini mashed broccoli, roasted butternut squash, baby carrots, turmeric fermented cabbage, pepitas, smoked almonds, poached egg, zucchini, rocket and kale salad  
- \$18.00 -

GRILLED BROCCOLINI (V, DF)

With green beans, spiced pear chutney, toasted hazelnut, compressed pears, grilled rye toast and poached egg  
- \$18.00 -

CHICKEN SALAD (GF, DF)

Poached chicken breast, black rice, quinoa, zucchini, red cabbage, carrots, currants, pepitas, herbs and tamari dressing  
- \$20.00 -

PAN FRIED BARRAMUNDI (GF, DF)

With grilled octopus, anchovy mayo, kipfler potatoes, green beans, boiled egg, cherry tomatoes, capers, snow pea shoots and lemon vinaigrette  
- \$23.00 -

DUCK AND WAFFLES

Crispy confit duck leg, herb and cheese waffles, fried egg, orange infused maple syrup, zucchini and pickled carrot slaw  
- \$23.00 -

BEEF BURGER

On brioche bun with cheddar cheese, butter lettuce, tomato, dijon mustard, mayonnaise, served with sweet potato fries and garlic aioli  
- \$22.00 -  
Gluten free option available - add \$1.00

EGGS ON TOAST (V)

Poached / Fried / Scrambled eggs on  
Sourdough / Pumpkin multigrain / Rye - \$11.00  
Crumpets / Gluten free - \$12.00

EXTRAS

Poached egg / Fried egg / Hollandaise - \$2.00  
Roasted cherry tomatoes / Feta - \$3.00  
Scrambled eggs / Garlic roasted mushrooms / Grilled broccolini / Potato hash - \$4.00  
Avocado / Pork sausage / Thick cut bacon - \$5.00  
Hot smoked salmon - \$7.50

(V) Vegetarian

(Vg) Vegan

(GF) Gluten free

(DF) Dairy free

Please advise us of any dietary requirements  
No substitutions to the menu  
No split bills on the weekend and busy period  
10% surcharge on selected public holidays

