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TOAST (V)

With butter and choice of house made jam / vegemite / honey / peanut butter
Sourdough / Pumpkin multigrain / Rye / Fruit - \$7.00
Crumpets / Gluten free - \$8.00

BUCKWHEAT & HEMP GRANOLA (Vg, GF, DF)

Mixed with dried fruits and nuts served with house made
coconut yoghurt and fresh fruits
- \$15.00 -

FRUIT SALAD (Vg, GF, DF)

Seasonal fresh fruits with chia seeds,
rose water and watermelon juice
- \$14.00 -

AVOCADO (V)

On house made corn bread with heirloom beetroot,
charred corn, pomegranate, radish and poached eggs
- \$19.00 -

EGGS BENEDICT (GF)

Chipotle pulled pork, poached eggs
and hollandaise on potato hash
- \$19.00 -

HAZELNUT FRENCH TOAST (V)

Hazelnut cream filled brioche bun served with sliced banana,
coffee mascarpone, white chocolate sauce and berries
- \$18.00 -

COCONUT AND BLUEBERRY PANCAKE (V, GF)

With strawberries, mandarins, maple syrup,
lemon cream and mint
- \$19.00 -

SMASHED PEAS (DF)

On rye toast with beetroot relish, flaked smoked salmon,
dukkah, lemon and poached eggs
- \$20.00 -

MIXED MUSHROOMS (V)

Roasted medley mushrooms in garlic and thyme, fresh heirloom tomatoes,
crumbled Milawa blue cheese, walnuts and fried egg
- \$19.00 -

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NOURISH BOWL (V, GF, DF)

Quinoa and rocket salad, house made sauerkraut, avocado, hemp seeds, pepitas, edamame, turmeric roasted cauliflower, tomato, sesame seeds and poached egg
- \$18.00 -

ROAST PUMPKIN (V)

On rye toast, dill cream cheese, crushed pepitas, pomegranate molasses, poached egg, rocket, apple and currant salad
- \$19.00 -

LAMB SALAD

Quinoa, bulgur, parsley, mint, dill, sumac roasted carrot, apple, paprika yoghurt and slow cooked pulled lamb shoulder
- \$22.00 -

FRIED CHICKEN SANDWICH

Crumbed chicken breast on brioche toast, lightly dressed slaw, fries, and cornichons
- \$18.00 -

DUCK AND WAFFLES

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

BEEF BURGER

On brioche bun with cheddar cheese, butter lettuce, tomato, Middletown sauce, served with fries and garlic aioli
- \$22.00 -

Gluten free option available - add \$1.00

FISH TACOS

Four corn tortillas, crumbed flakes, salsa verde, tomato concasse, red onions, diced avocado
- \$20.00 -

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
Slow roasted tomatoes / Feta - \$3.00
Scrambled eggs / Garlic roasted mushrooms / Potato Hash / Wilted spinach - \$4.00
Avocado / Pork and fennel sausage / Bacon / Garden salad - \$5.00
Fries - \$6.00
Hot smoked salmon fillet - \$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

