



BUILD YOUR BREKKIE

TOAST GFO V

Sourdough, English Muffin, Apple & Raisin (2 slices)

SIDES

- Fruit jam, vegemite, peanut butter, honey
- Tomato relish, garlic aioli 2.5
- Hollandaise 3
- Half avo and seeds 5
- Grilled halloumi 6
- Half avo & danish feta 7
- Hash brown (1) 3.5

EGGS

Poached (2), scrambled, or fried (2) 7

VEGGIE EXTRAS

- Oven roast tomato, Wilted greens 3ea
- Confit Mushrooms 6

PROTEIN EXTRAS

- Glazed Ham 5
- Smoked Salmon 7
- Rodriguez Chorizo 6.5
- Bacon (2 rashers) 6.5

COCONUT & ALMOND CHIA VG GF

Banana, fresh berries, toasted nuts, honey, coconut granola

LOADED BANANA BREAD GFO V

Caramelised banana, maple, fresh berries, vanilla ice cream

EGGS BENNY GFO V

Two free range poached eggs, baby spinach, sourdough toast, hollandaise

BACON & DOUBLE EGG ROLL GF BUN \$3

Bacon, 2 fried eggs, choice of sauce

BREKKIE BURGER GF BUN \$3

Sausage patty, bacon, hash brown, pickles, tomato chutney, fried egg, swiss cheese

SALT AND PEPPER SQUID GF

Szechuan pepper squid, garlic aioli **add chips 4**
add salad 4

MINI QUICHE & GARDEN SALAD GF V

Basil, tomato, baby spinach and feta mini quiche, served with garden salad **add chips 4**

TOASTED BURRATA BRUSCHETTA GFO

Tomato, rocket, fresh basil, burrata, grilled peach, balsamic glaze **add chips 4**

RICE NOODLE SALAD GF VG

Asian slaw, edamame, coriander, toasted nuts, sesame soy dressing

BUDDHA BOWL GFO VG

Quinoa tabouli, hommus, seasonal veg, pomegranate, kale chips, lemon mint tahini, seeded avo, grilled pita

SALAD PROTEIN EXTRAS

- Grilled Chicken Breast 6
- Szechuan Squid 6
- Grilled Halloumi 6
- Confit Mushroom 6

PLUMB CHEESEBURGER GF BUN \$3

Beef patty, onion, pickles, tomato sauce, mustard, swiss cheese, served with cajun chips

GRILLED CHICKEN BURGER GF BUN \$3

Grilled garlic chicken breast, avocado, relish, lettuce, swiss cheese, served with cajun chips

MUSHROOM AND TOFU BURGER GF BUN \$3 VGO

Mushroom and tofu patty, tomato relish, pickles, garlic aioli, swiss cheese, lettuce, served with cajun chips

FISH AND CHIPS GF

Lemon pepper and herb crumbed flathead, tartare, chips and garden salad

CAJUN CHIPS & AIOLI GF VGO

FROM THE DISPLAY FRIDGE

A range of toasties and wraps are readily available from our display fridge at the front counter, including;

- Ham, Cheese, Tomato Toastie or Croissant
- Bacon and Egg Brekkie Wrap
- Smoked Turkey and Cranberry
- Pesto Chicken
- Reuben Toastie
- BLT with cheese
- Egg and Salad
- Mushroom and Feta

CHECK OUT OUR DISPLAY FRIDGE FOR TODAY'S RANGE OF SWEET TREATS

V – Vegetarian / VO – Veg Option / VG – Vegan / VGO – Vegan Option / GF – Gluten Free / GFO – Gluten Free option

DRINKS



EVERYDAY
EVOLUTION

CRAVE
THE BEST

Milk Coffee How You Like It	5
Black Coffee How You Like It	5
House Made Cold Brew	7.5
Coffee Extras	.80
Lactose free, Almond, Soy, Oat, Caramel, Vanilla, Hazelnut, Extra Shot	
Spiced Chai Latte	5.5
Aromatic spices and black tea, made milky	
Hot Chocolate gr	5.5
Bates 45% chocolate blend	
Iced Latte	6.5
Ice, milk, double espresso	
Iced Coffee	8
Ice, milk, vanilla ice cream, double espresso	
Tea Drop Loose Leaf Tea	5
English Breakfast, Earl Grey, Peppermint, Green, Lemongrass & Ginger	
MILKSHAKES / THICKSHAKES	7.5/9
Chocolate, vanilla, strawberry, coffee, caramel	

NECTAR COLD PRESSED JUICES

6

Green With Envy

Green apple, celery, pear, kale, lemon, ginger

Up Beet

Beetroot, apple, carrot, ginger, lemon

Cloudy Apple

Seasonal cold pressed apples

The Big O

Australian Valencia oranges, pineapple

Sweet Cheeks

Watermelon, apple, mint, lime, cucumber

HOUSE MADE SMOOTHIES

9.9

Banana Honey

Banana, cinnamon, coconut yogurt, vanilla, milk

Mixed Berry and Beetroot

Acai, mixed berries, pressed beetroot juice, coconut yoghurt, coconut water

Green Machine

Spinach, banana, pressed green juice, honey, milk

Immunity Boost

Orange, ginger, spinach, green apple, turmeric, spirulina, hemp, honey, milk

Soft Drinks

3.5

Coke, coke no sugar, diet coke, solo, lemonade

Lemon lime bitters

4.5

Remedy Kombucha

5

Sparkling Water

5/7.5

WINE

SPARKLING

Three Vineyards Chardonnay Pinot Noir **9/40**

WHITE WINE

2021 Bourke St Sav Blanc **8/38**

2021 Nick O'Leary Riesling **9/40**

2021 Eden Road Chardonnay **10/45**

RED WINE

2021 Bourke Street Shiraz **9/40**

2021 Eden Road Pinot Noir **10/45**

BEER/CIDER

Cascade Light **7**

Stingray Draught **7**

James Boags Premium **7.5**

Bentspoke Barley Griffin **8**

Bentspoke Crankshaft **9**

Batlow Cloudy Apple Cider **8**