

BREAKFAST

7AM - 2PM

OPENING HOURS

MENU

MON - SUN

7AM - 3PM

BREAKFAST

(v) vegetarian, (gf) gluten free, (gfo) gluten free option, (df) dairy free, (n) nuts

ORGANIC
ARTISAN TOAST 6.5

Sourdough

Ciabatta

5 Seed Whole Meal

Fruit & Nut

EGG ROYAL 20.9

Potatoes rosti, smashed avocado, smoked salmon, poached eggs and homemade hollandaise

BANANA MAPLE BREAD 6.5

Baked in house

CROISSANT 9.5

Leg ham, tasty cheese & tomato

MORNING GLORY 11.9

Free range eggs on toast

BACON & EGGS 14.9

Free range crispy bacon, free range egg, toast

FRENCH TOAST 18.9

Cinnamon & vanilla infused ciabatta, grilled bacon caramelised banana & maple syrup

EGGS BENNY 20.9

Potato rosti, wilted spinach, crispy bacon, poached free range eggs & house hollandaise.



MEATBALLS & EGG 16.9

Free range beef and pork mince, fresh thyme & parsley slowly cooked in rich ragu served with poached egg, shaved parmesan and ciabatta toast

BREAKY BURGER 18

Smoked bacon, fried egg, smashed avo, fresh baby spinach, onion jam, smokey bbq sauce in toasted brioche

HANGOVER CURE 21.9

With crispy bacon, smashed avocado, half chorizo, hashbrown, choice of eggs on ciabatta toast, tomato

FRESH TOMATO & PESTO BRUSCHETTA 18

Crispy bacon, poached egg, danish feta, fresh rocket

SMASHED AVOCADO 18.9

Feta & fresh lemon, crispy bacon or smoked salmon, poached free range eggs, fresh rocket on a ciabatta toast

MUSHROOM BRUSCHETTA 17.9

Fresh local sauteed mushrooms and spinach served with free range poached eggs, feta & caramelised onion jam on toasted ciabatta

EXTRAS

BACON	4	HASH BROWNS	4	SAUTEED MUSHROOMS	4
SMOKED SALMON	4	AVOCADO	4	BAKED BEANS	4
HALF CHORIZO	4	GRILLED TOMATO	4		
EGGS	4	WILTED SPINACH	4		

LUNCH

SALADS FROM OUR DISPLAY CABINET

Small	6
Medium	10
Large	14

ROAST PUMPKIN,
SPINACH &
RICOTTA LASAGNE
Garden salad 18.9

BEEF BOLOGNESE
LASAGNE
Garden salad 18.9

FISH AND CHIPS 19.9
*Citrus battered barramundi, rustic
chips garden salad, aioli*



BEEF BURGER 20.9
*Served with greens, pickle, onion jam,
tomato, burger cheese, aioli & side chips*

SOUTHERN FRIED
CHICKEN BURGER 19.9
*Greens, tomato, onion jam, burger
cheese, pickle, aioli & side chips*

CHIPS (GF) 5
Small
Large 8

BRUSCHETTA 14.9
*Fresh cherry tomatoes, spanish onion,
fresh basil garnished with a feta & italian
balsamic glaze on toasted herbed
garlic ciabatta*

SALT & PEPPER SQUID 19.9
Rustic chips, garden salad, aioli

ARANCINI SALAD 18.9
*Roasted pumpkin, cashew nuts and
fresh herbs arancini topped with a
rocket and shaved parmesan salad &
seeded mustard aioli*

GRILLED PRAWNS &
SQUID SALAD 24.9
*With garden salad, parmesan cheese,
aioli & balsamic glaze*

GRILLED MARINATED
CHICKEN SALAD (GF) 22.9
*Grilled chicken, spinach, avocado, shaved
parmesan and caesar dressing*

SQUID AND
CHORIZO SALAD 22.9
*Calamari, grilled chorizo, green
salad, feta and aioli dressing*

STEAK SANDWICH 19.9
*South west scotch fillet, bacon,
tasty cheese, tomato, caramelised
onion, spinach & aioli in toasted
turkish roll with rustic chips*

SUMMER MELTS
(CIABATTA PANINI) 12
AVAILABLE ALL DAY

*Crispy bacon sauteed mushrooms, swiss
cheese, spinach, ciabatta, panini*

*Chicken & avocado, chicken breast, fresh
tomato, sliced avocado, melted cheddar,
ciabatta panini*

*Mediterranean marinated eggplant,
roasted red peppers, artichoke, grilled
halloumi panini*

*Caesar wrap chicken breast, crispy bacon,
spinach, egg & grated parmesan
cheese in pita wrap*

BEVERAGES

SMOOTHIES DAIRY FREE
MANGO & BANANA 7.5
Coconut water & natural honey

SUPER CLEANSE 7.5
*Coconut water, blueberries, banana,
cacao & chia*

BREAKFAST SMOOTHIE 7.5
Banana, almond milk, dates, oats, honey

SMOOTHIES TRADITIONAL 7.5
*Blended with fresh milk, ice cream,
natural yogurt & honey*

BLUEBERRY
MANGO
MIXED BERRY
BANANA

FRESHLY SQUEEZED JUICE
ORANGE 7.5

APPLE 7.5

HEALTHY START 7.5
Carrot, apple, celery & orange

PASSION 7.5
Watermelon, strawberry & apple

THICKSHAKES
CHOCOLATE 6
CARAMEL 6
STRAWBERRY 6
SPEARMINT 6
VANILLA 6
BANANA 6

ICED COFFEE/
CHOCOLATE/MOCHA/CHAI 7
*Crushed ice, milk, ice cream &
whipped cream*

COFFEE AND TEA
CAPPUCCINO/FLAT WHITE 4
LATTE/LONG BLACK 4
LONG MACCHIATO 4.5
HOT CHOCOLATE/MOCHA 5
PRANA CHAI LATTE 5.5
SHORT STUFF 3.6
TUMERIC LATTE 5.5
MATCHA LATTE 5.5

EXTRA
UPGRADE TO MUG 1
SOY OR ALMOND MILK 0.6
EXTRA SHOT 0.6
DECAF 0.6

SELECTION OF TEA
POT FOR ONE 4.9
POT FOR TWO 7.9
*English Breakfast
Earl Grey
Green Sencha
Lemongrass, ginger, peppermint
Green
Peppermint*