

BREAKFAST 7AM - 2PM

MENU

OPENING HOURS

MON - SUN 7AM - 3PM

16.9

18

21.9

18

18.9

17.9

LUNCH 10.30AM - 2PM

BREAKFAST

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

ORGANIC 6.5 ARTISAN TOAST

Sourdough Ciabatta

5 Seed Whole Meal Fruit & Nut

EGG ROYAL

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

BANANA MAPLE BREAD 6.5

20.9

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

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

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

HANGOVER CURE

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

FRESH TOMATO & PESTO BRUSCHETTA

Crispy bacon, poached egg, danish feta, fresh rocket

SMASHED AVOCADO

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

MUSHROOM BRUSCHETTA

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		SOUTHERN FRIED CHICKEN BURGER	19.9	GRILLED MARINATED CHICKEN SALAD (GF)	22.9
SALADS FROM OUR		Greens, tomato, onion jam, burger		Grilled chicken, spinach, avocado, sł	aved
DISPLAY CABINET		cheese, pickle, aioli & side chips		parmesan and caesar dressing	
Small	6	,, ,		,	
Medium	10	CHIPS (GF)		SQUID AND	22.9
Large	14	Small	5	CHORIZO SALAD	
		Large	8	Calamari, grilled chorizo, green	
ROAST PUMPKIN,	18.9	3		salad, feta and aioli dressing	
SPINACH &	10.,			caraa, rera ana aren aresemg	
RICOTTA LASAGNE		BRUSCHETTA	14.9	STEAK SANDWICH	19.9
Garden salad		Fresh cherry tomatoes, spanish onion,	1 117	South west scotch fillet, bacon,	17.7
		fresh basil garnished with a feta & ital	ian	tasty cheese, tomato, caramelisied	
BEEF BOLOGNESE	18.9	balsamic glaze on toasted herbed		onion, spinach & aioli in toasted	
LASAGNE	10.,	garlic ciabatta		turkish roll with rustic chips	
Garden salad				•	
Garden Salaa		SALT & PEPPER SQUID	19.9	SUMMER MELTS	12
FISH AND CHIPS	19.9		19.9	(CIABATTA PANINI)	
Citrus battered barramundi, rustic	17.7	Rustic chips, garden salad, aioli		AVAILABLE ALL DAY	
chips garden salad, aioli		ARANCINI SALAD	18.9	Crispy bacon sauteed mushrooms, s	wice
chips gurden sulda, dion			10.9	cheese, spinach, ciabatta, panini	W133
		Roasted pumpkin, cashew nuts and fresh herbs arancini topped with a		cheese, spinach, clabarra, panim	
		rocket and shaved parmesan salad &		Chicken & avocado, chicken breast,	frach
		seeded mustard aioli		tomato, sliced avocado, melted chec	
		seeded musicina dion			iaar,
		GRILLED PRAWNS &	240	ciabatta panini	
		SQUID SALAD	24.9	Maditana and maintenant of a sample of	
	1	With garden salad, parmesan cheese,		Mediterranean marinated eggplant	
		aioli & balsamic glaze		roasted red peppers, artichoke, grille halloumi panini	sa
		aron a barsanne graze		nalloumi panini	
BEEF BURGER Served with greens, pickle, onion jam				Caesar wrap chicken breast, crispy l spinach, egg & grated parmesan cheese in pita wrap	oacon,
),			spinach, egg & grated parmesan	bacon,
Served with greens, pickle, onion jam),			spinach, egg & grated parmesan	bacon,
Served with greens, pickle, onion jam),	FRESHLY SQUEEZED JUICE		spinach, egg & grated parmesan	bacon,
Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side ch),	FRESHLY SQUEEZED JUICE ORANGE	7.5	spinach, egg & grated parmesan cheese in pita wrap	
Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side ch),		7.5	spinach, egg & grated parmesan cheese in pita wrap	4
Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side cheese BEVERAGES),		7.5 7.5	spinach, egg & grated parmesan cheese in pita wrap COFFEE AND TEA CAPPUCINO/FLAT WHITE	4 4
Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side cheese BEVERAGES SMOOTHIES DAIRY FREE	l, hips	ORANGE		spinach, egg & grated parmesan cheese in pita wrap COFFEE AND TEA CAPPUCINO/FLAT WHITE LATTE/LONG BLACK	4 4
Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side cheese BEVERAGES SMOOTHIES DAIRY FREE MANGO & BANANA	l, hips	ORANGE		spinach, egg & grated parmesan cheese in pita wrap COFFEE AND TEA CAPPUCINO/FLAT WHITE LATTE/LONG BLACK LONG MACCHIATO	4 4 4.5
Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side cheese BEVERAGES SMOOTHIES DAIRY FREE MANGO & BANANA	l, hips	ORANGE APPLE	7.5	cheese in pita wrap COFFEE AND TEA CAPPUCINO/FLAT WHITE LATTE/LONG BLACK LONG MACCHIATO HOT CHOCOLATE/MOCHA	4 4 4.5 5
Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side cheese below the burger cheese below burger cheese below burger cheese below burger cheese burger cheese burger burg	7.5	ORANGE APPLE HEALTHY START	7.5	cheese in pita wrap COFFEE AND TEA CAPPUCINO/FLAT WHITE LATTE/LONG BLACK LONG MACCHIATO HOT CHOCOLATE/MOCHA PRANA CHAI LATTE	4 4 4.5 5 5.5 3.6
Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side cheese, aioli & side cheese between the side cheese	7.5	ORANGE APPLE HEALTHY START	7.5	cheese in pita wrap COFFEE AND TEA CAPPUCINO/FLAT WHITE LATTE/LONG BLACK LONG MACCHIATO HOT CHOCOLATE/MOCHA PRANA CHAI LATTE SHORT STUFF	4 4 4.5 5 5.5 3.6 5.5
Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side cheese below the side of th	7.5	ORANGE APPLE HEALTHY START Carrot, appple, celery & orange PASSION	7.5 7.5	cheese in pita wrap COFFEE AND TEA CAPPUCINO/FLAT WHITE LATTE/LONG BLACK LONG MACCHIATO HOT CHOCOLATE/MOCHA PRANA CHAI LATTE SHORT STUFF TUMERIC LATTE	4 4 4.5 5 5.5 3.6 5.5
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Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side cheese, aioli & si	7.5 7.5	ORANGE APPLE HEALTHY START Carrot, appple, celery & orange PASSION Watermelon, strawberry & apple THICKSHAKES	7.5 7.5	COFFEE AND TEA CAPPUCINO/FLAT WHITE LATTE/LONG BLACK LONG MACCHIATO HOT CHOCOLATE/MOCHA PRANA CHAI LATTE SHORT STUFF TUMERIC LATTE MATCHA LATTE EXTRA UPGRADE TO MUG	4 4.5 5.5 3.6 5.5 5.5
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Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side cheese, aioli & si	7.5 7.5 7.5	ORANGE APPLE HEALTHY START Carrot, appple, celery & orange PASSION Watermelon, strawberry & apple THICKSHAKES CHOCOLATE CARAMEL	7.5 7.5 7.5	COFFEE AND TEA CAPPUCINO/FLAT WHITE LATTE/LONG BLACK LONG MACCHIATO HOT CHOCOLATE/MOCHA PRANA CHAI LATTE SHORT STUFF TUMERIC LATTE MATCHA LATTE EXTRA UPGRADE TO MUG SOY OR ALMOND MILK EXTRA SHOT	4 4 4.5 5 5.5 3.6 5.5 5.5 1 0.6 0.6
Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side cheese, aioli & si	7.5 7.5 7.5	ORANGE APPLE HEALTHY START Carrot, appple, celery & orange PASSION Watermelon, strawberry & apple THICKSHAKES CHOCOLATE CARAMEL STRAWBERRY	7.5 7.5 7.5 6 6 6	COFFEE AND TEA CAPPUCINO/FLAT WHITE LATTE/LONG BLACK LONG MACCHIATO HOT CHOCOLATE/MOCHA PRANA CHAI LATTE SHORT STUFF TUMERIC LATTE MATCHA LATTE EXTRA UPGRADE TO MUG SOY OR ALMOND MILK EXTRA SHOT	4 4.5 5.5 3.6 5.5 5.5
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Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side cheese, burger cheese, banana condition of the service of the s	7.5 7.5 7.5	ORANGE APPLE HEALTHY START Carrot, appple, celery & orange PASSION Watermelon, strawberry & apple THICKSHAKES CHOCOLATE CARAMEL STRAWBERRY SPEARMINT VANILLA	7.5 7.5 7.5 6 6 6 6 6	COFFEE AND TEA CAPPUCINO/FLAT WHITE LATTE/LONG BLACK LONG MACCHIATO HOT CHOCOLATE/MOCHA PRANA CHAI LATTE SHORT STUFF TUMERIC LATTE MATCHA LATTE EXTRA UPGRADE TO MUG SOY OR ALMOND MILK EXTRA SHOT DECAF SELECTION OF TEA POT FOR ONE	4 4 4.5 5 5.5 3.6 5.5 5.5 1 0.6 0.6 0.6
Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side cheese, burger cheese, banana condition of the service of the service of the side of the side of the service of the side of	7.5 7.5 7.5	ORANGE APPLE HEALTHY START Carrot, appple, celery & orange PASSION Watermelon, strawberry & apple THICKSHAKES CHOCOLATE CARAMEL STRAWBERRY SPEARMINT VANILLA BANANA	7.5 7.5 7.5 6 6 6 6 6	COFFEE AND TEA CAPPUCINO/FLAT WHITE LATTE/LONG BLACK LONG MACCHIATO HOT CHOCOLATE/MOCHA PRANA CHAI LATTE SHORT STUFF TUMERIC LATTE MATCHA LATTE EXTRA UPGRADE TO MUG SOY OR ALMOND MILK EXTRA SHOT DECAF SELECTION OF TEA POT FOR ONE POT FOR TWO	4 4 4.5 5 5.5 3.6 5.5 5.5 1 0.6 0.6 0.6
Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side cheese, aioli & si	7.5 7.5 7.5	ORANGE APPLE HEALTHY START Carrot, appple, celery & orange PASSION Watermelon, strawberry & apple THICKSHAKES CHOCOLATE CARAMEL STRAWBERRY SPEARMINT VANILLA BANANA ICED COFFEE/	7.5 7.5 7.5 6 6 6 6 6 6	COFFEE AND TEA CAPPUCINO/FLAT WHITE LATTE/LONG BLACK LONG MACCHIATO HOT CHOCOLATE/MOCHA PRANA CHAI LATTE SHORT STUFF TUMERIC LATTE MATCHA LATTE EXTRA UPGRADE TO MUG SOY OR ALMOND MILK EXTRA SHOT DECAF SELECTION OF TEA POT FOR ONE POT FOR TWO English Breakfast	4 4.5 5.5 5.5 5.5 5.5 1 0.6 0.6 0.6
Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side cheese, burger cheese, burger cheese, banana coconut water & natural honey SUPER CLEANSE Coconut water, blueberries, banana cacao & chia BREAKFAST SMOOTHIE Banana, almond milk, dates, oats, hurger cheese, burger cheese, aioli & side cheese, aio	7.5 7.5 7.5	ORANGE APPLE HEALTHY START Carrot, appple, celery & orange PASSION Watermelon, strawberry & apple THICKSHAKES CHOCOLATE CARAMEL STRAWBERRY SPEARMINT VANILLA BANANA ICED COFFEE/ CHOCOLATE/MOCHA/CHAI	7.5 7.5 7.5 6 6 6 6 6 6	COFFEE AND TEA CAPPUCINO/FLAT WHITE LATTE/LONG BLACK LONG MACCHIATO HOT CHOCOLATE/MOCHA PRANA CHAI LATTE SHORT STUFF TUMERIC LATTE MATCHA LATTE EXTRA UPGRADE TO MUG SOY OR ALMOND MILK EXTRA SHOT DECAF SELECTION OF TEA POT FOR ONE POT FOR TWO English Breakfast Earl Grey	4 4.5 5.5 5.5 5.5 5.5 1 0.6 0.6 0.6
Served with greens, pickle, onion jam, tomato, burger cheese, aioli & side cheese, aioli & si	7.5 7.5 7.5	ORANGE APPLE HEALTHY START Carrot, appple, celery & orange PASSION Watermelon, strawberry & apple THICKSHAKES CHOCOLATE CARAMEL STRAWBERRY SPEARMINT VANILLA BANANA ICED COFFEE/ CHOCOLATE/MOCHA/CHAI Crushed ice, milk, ice cream &	7.5 7.5 7.5 6 6 6 6 6 6	COFFEE AND TEA CAPPUCINO/FLAT WHITE LATTE/LONG BLACK LONG MACCHIATO HOT CHOCOLATE/MOCHA PRANA CHAI LATTE SHORT STUFF TUMERIC LATTE MATCHA LATTE EXTRA UPGRADE TO MUG SOY OR ALMOND MILK EXTRA SHOT DECAF SELECTION OF TEA POT FOR ONE POT FOR TWO English Breakfast Earl Grey Green Sencha	4 4 4.5 5 5.5 3.6 5.5 5.5 1 0.6 0.6 0.6
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