

BREAKFAST

Granola : toasted muesli of Oats, Seeds, Nuts, Dried Fruit, Coconut served with Poached Fruit, Rhubarb puree & Yoghurt (side of Milk, Soy or Almond Milk) (V)	9.5
AVO Luxe : Smashed Avocado with Kaffir Lime leaf oil, Lemon juice on grilled Multigrain with basil, parsley, Danish Feta, Pepitas & Citrus Fig reduction (V/GFO) (add poached egg)	16.8 3.0
Toast : Sourdough- Multigrain- Fruit Loaf- Gluten Free	5.5
Spreads : Jam – (Apricot Raspberry Plum Strawberry) Vegemite Peanut butter Nutella	
Croissants – Toasted or Fresh : Any combination of : Ham, Cheese, Tomato	7.5
Naked Eggs :	
Two Free range eggs, 9.8	
• Poached	2.0
• Scrambled	3.0
• Fried Sunny Side up	“
Sourdough or Multigrain (Gluten Free Option)	“
Sides :	
Bacon (3 rashers) 4.5	4.0
Bacon (1 rasher) 2.0	“
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Bacon & Egg Brioche : Brioche bun with Fried Egg, Smoked Bacon, Cheese, & Tomato Relish	8.5
Bacon & Egg Roll : Fried or Scrambled eggs, 2 rashers of Smoked Bacon, Cheese & Tomato Relish	14.0
Spanish Eggs : Chorizo Sausage with 2 folded Eggs, Roasted Capsicum, Red Onion, Mozzarella Cheese & Baby Spinach with Grilled Multigrain	18.5
Salmon Smash : Poached Eggs on Brioche bun with Smashed seasoned Avocado, Smoked Salmon, Baby Spinach & Lime Mayonnaise	19.8
TNE Big Breakfast : Poached, Fried or Scrambled on Multigrain/Sourdough with: Smoked Bacon, Sausages, Baked Beans, Sautéed Mushroom & Baby Spinach	20.0
Mushroom Stack : Herb & Garlic Mushroom, Fried Egg, Avocado, Tomato & Swiss Cheese Stacked on Brioche (V)	18.0
HCT Omelette : Smoked Ham, Cheese & Tomato in a 3 Egg Omelette with Toast	16.0
Salmon Omelette : Smoked Salmon, Baby Spinach, Danish Feta & Tomato in a 3 Egg Omelette with Toast	17.8
Open Omelette : 3 Egg Omelette with choice of ingredients	From 13.0
Bacon & Egg Pancakes : 3 Buttermilk pancakes with Hickory Smoked Bacon, a Fried Egg & Maple syrup	16.0

BRUNCH

GOURMET GRILLED OR FRESH SANDWICHES
On Sourdough or Multigrain on request
(with side of chips add 2.5)

Moo Shu Pork : Pulled pork, Chilli, roasted Red Pepper, Coriander, Carrot, Onion, Hoisin & Sweet Onion sauce	14.5
Cuban Tampa : Slow cooked Pulled Pork, Pickled Cornichons, Swiss Cheese, Mustard & Mojo sauce	14.5
BBQ Chicken : BBQ Chicken, Carrot, Avocado, Mozzarella, roasted Red Pepper, Seeded Mustard Mayo	14.0
Reuben : Corned Beef Pastrami, Sauerkraut, Swiss & Tasty Cheese, Pickled Cornichons & Mojo sauce	14.0
Texan Beef : Pulled Beef, roast Capsicum, Carrot, Cheese, Jalapeños, Caramelised Onions & Smoky BBQ sauce	14.5
BLAT : Bacon, Lettuce, Avocado, Tomato, Mozzarella Cheese & Seeded Mustard Mayo	14.0
Parma Toastie : Chicken Schnitzel, Smoked Ham, Napoli, Mozzarella & Parmesan	15.0
Kabocha : Grilled Pumpkin, Smoked Salmon, Baby Spinach, pickled Ginger, Mozzarella & Tasty Cheese	15.5
Pumpkin Patch : Grilled pumpkin, Danish Fetta, Baby Spinach, Sundried tomato, Basil & Sweet Onion sauce (V)	14.5
Veggie T : Grilled Zucchini, Pumpkin, Roast Pepper, Baby spinach, Sundried tomato, Carrot & Balsamic sauce (V)	14.0
Classic Toasties :	
– Ham, Cheese & Tomato	8.0
– Ham & Cheese or Cheese & Tomato	7.5
– Cheese Only	6.5

WRAPS – (GFO)

Tandoori Chicken Wrap : Grilled Tandoori Chicken, Carrot, Cucumber, Spinach, Red Onion, Tandoori Yoghurt sauce	15.0
Pork Wrap : Slow Cooked Pulled Pork in Asian aromatics, Chilli, Coriander, Capsicum, Carrot, Cucumber, Lettuce & Hoi Sin Sauce	15.0
Pulled Beef Wrap : Pulled Beef with Hickory BBQ Sauce & Caramelised Onion, Capsicum, Carrot, Cucumber, Lettuce	15.8
Veggie Wrap : Chickpeas, Spinach, Zucchini, Fire roasted Capsicum, Carrot, Cucumber, Lettuce Sundried Tomato (V)	15.0

PANCAKES

Apple : 3 Buttermilk pancakes with Poached Apple, Vanilla Ice Cream & Apple Citrus Sauce	15.0
Banana : 3 Buttermilk pancakes with Caramelised Bananas, Maple Syrup, Cinnamon & Vanilla Ice Cream	15.0
Double Decker Brownie : 2 Buttermilk pancakes with Nutella, Chocolate Brownie, Berry Coulis & Vanilla Ice Cream	16.8

LUNCH

Feta Carpese : Danish Feta Cheese, Cherry Tomatoes, Fresh Basil tossed in extra virgin Olive Oil & Balsamic on garlic rubbed grilled bread.	15.0
Fig Haloumi : Grilled Haloumi, Shaved Zucchini, Baby Spinach, macerated dry Figs, Pepitas & Citrus Sauce	14.0
AVO Luxe : Smashed Avocado with Kaffir Lime leaf oil, Lemon juice on grilled Multigrain with basil, parsley, Danish Feta, Pepitas & Citrus Fig reduction (V/GFO)	16.8
Lemon Pepper Squid : Charred Squid tossed in Lemon Pepper seasoning, served on Baby Spinach with lime aioli	12.8
Nachos : Baked Corn Chips, Cheese & Salsa topped with Smashed Avocado & Sour Cream (V)	12.5
Nachos Meatballs : Baked Stromboli Meatballs & Corn Chips with Tomato Sugo, Cheese, Smashed Avocado & Sour Cream	17.0
Volcano Meatballs : Stromboli Meatballs in Chilli Tomato Sugo with Sour Cream & grilled Flat Bread	15.0
Mama Rosa's Cabbage Roll : Hungarian style mince Pork & Rice wrapped in Pickled Cabbage braised in Smoked Ham Hock, paprika & tomato broth served with Sour Cream	(1) 13.5 (2) 22.0

SALADS

Mediterranean Haloumi Salad : Grilled Haloumi, Spinach, Marinated Olives, Chickpeas & Vegetables, Cucumber, Sundried Tomato & Balsamic Olive Oil Dressing (V)	17.0
Chicken & Egg Salad : Grilled BBQ Chicken, Smoked Bacon, Cos Lettuce, Boiled Egg, Tomato, Parsley, Sweet onion dressing	17.5
Vietnamese Pork Salad : Tender pulled Pork, Coriander, Spring onion, Cucumber, Cabbage, Rice Noodles, Chilli with a Sweet & Sour Sesame oil dressing	18.0

PASTA

Spaghetti or (House made Potato Gnocchi +\$2)	
Bolognese : Traditional rich southern Italian Beef & Pork Tomato Sugo Sauce	18.0
Napoli : Tomato, Basil & Garlic Sugo Sauce (V)	16.0
Roma : Cherry Tomatoes, Baby Spinach Red capsicum, Olives, Spanish onion, Zucchini tossed Virgin Olive Oil & Garlic (V)	17.0
Beef Ragù : Slow Cooked Chunky Beef in rich Tomato, Red Wine & Cracked Pepper Sugo Sauce	18.0
Verde : Broccoli, Peas, Spinach, Cherry Tomato in Creamy Basil Sauce, (V)	17.0

PIES & PASTRIES

Our pies are handcrafted served with a side salad & relish

Beef Ragout Pie : Slow Cooked Chunky Beef Brisket in Tomato & Red Wine Gravy	8.5
Chicken & Leek Pie : Chicken & Leek with Chicken & Thyme Veloute Sauce	8.5
Lamb & Vegetable Pie : Slow Cooked Lamb Shoulder, Vegetables & Rosemary	8.5
Vegetable Pastie : Blend of Seasonal Vegetables with mild Curry Spices encased in Flaky Puff Pastry (V)	8.5
Sausage Roll : Our House-Made Mild T-Mett sausage Roll	5.0

Gluten Free Pie Option on request & baked to order allow approx. 20 min (+ \$3)

KIDS MEALS

Kids Egg on Toast : Fried, Scrambled or Poached on Sourdough Toast	6.0
Kids Bacon & Egg : Fried, Scrambled or Poached on Sourdough Toast with Bacon	7.5
Kids Pancake : Buttermilk Pancakes with a choice of syrups & Vanilla Ice Cream	7.5
Syrups: Maple Chocolate Caramel Strawberry Vanilla Banana Nutella	
Kids toasties	
• Cheese	5.0
• Cheese & Tomato	5.5
• Ham & Cheese	6.5
• Ham Cheese & Tomato	6.8
Chicken Nuggets : Crumbed Chicken Thigh pieces & Chips served with chips & lettuce	7.0
Kids Calamari & Chips : Crumbed Calamari Rings with Chips & tomato sauce	8.0
Kids Pasta :	7.0
• Bolognaise - traditional Beef & Pork Bolognaise	
• Napoli – Rich Tomato Sauce topped with Cheese	

Sausage Roll :	5.0
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SIDES

Hash Brown -	2.0	Side Salad	3.0
Side of Chips -	3.0	Garden Salad	5.0
Bowl of Chips -	6.0		

BEVERAGE – NON ALCOHOLIC

COFFEE – GENOVESE SUPER BRAZIL	Reg.	Med.	Lrg.
Latte	4.0	4.5	5.0
Cappuccino	"	"	"
Flat White	"	"	"
Long black	4.0	4.5	5.0
Short black	3.5	-	-
Macchiato	3.5	-	-
Long Macchiato	4.0	-	-
Extra Coffee Shot	0.8	0.8	0.8
Decaffeinated	0.8	0.8	1.0
HOT CHOCOLATE	4.0	4.5	5.0
Milk Options	0.5	0.8	1.0
Bon Soy			
Almond Milk			
Syrups - Caramel Vanilla Hazelnut	0.5	0.5	0.8

SHAI MASALA – Pot of Chai Tea or Chai Latte			5.5
Our house blend of, Cardamom, Star Anise, Cinnamon, Cloves, Ginger pre-steeped with a blend of Black Teas.			

TEA POT			4.5
English Breakfast	Peppermint		
Earl Grey	Lemongrass & Ginger		
Green Tea & Honey Dew	Chamomile		

ICED COFFEE	Sml.	Lrg.
Double shot coffee, Ice Cream & Milk	5.5	6.5
Soy or Almond milk (extra)	0.8	1.0

MILK SHAKES	Sml.	Lrg.
Banana		5.5
Blue Heaven	Lime	6.5
Chocolate	Strawberry	
Caramel	Vanilla	

SMOOTHIES	Sml.	Lrg.
-Banana, Yoghurt, Cinnamon	6.5	7.5
-Mango & Yoghurt		
-Mixed Berry & Yoghurt		

FRESH EXTRACTION JUICES	Sml.	Lrg.
Sunrise – Organic Orange, Pineapple & Watermelon	5.5	6.5
Power Up – Carrot, Organic Orange & Pineapple	6.5	7.0
Detox – Apple, Pineapple, Lemon, Ginger & Mint	6.5	7.0

Green Juice – Kale, Cucumber, Apple juice, Spinach, Ginger & Mint	6.5	7.0
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FRESH FRUIT JUICES	Sml.	Lrg.
Organic Orange Pineapple Apple	5.5	6.5
Combination of above		

SPARKLING DRINKS, JUICES, ICED TEAS – from refrigerator



Private Functions – Catering