

ALL DAY Breakfast

TOAST - GFO

\$9

White Sourdough, Rye, Fruit, or Gluten Free Toast (+\$2)
Vegemite, Peanut Butter, House-Made Jam

EGGS YOUR WAY - GFO

\$16.5

2 Free-Range Eggs your way, served with Sourdough & Pepe Saya butter

GOURMET AVOCADO TOAST -V,GFO \$22.5

Smashed Avocado, Confit Heirloom Tomatoes, Crumbed Feta, Crispy Chickpeas, Basil Oil & Green Elk

BACON AND EGG ROLL - GFO

\$16.5

Choice of: Chilli Jam, Tomato or BBQ
Gluten Free option +\$2

GOURMET BACON AND EGG ROLL -GFO \$19.5

American Cheese, Bacon, Egg, House-Made Hash Brown & Chilli Jam

GOURMET VEGETARIAN ROLL - GFO \$18.5

Spinach, Halloumi, House-Made Hash Brown, Fried Egg & Chilli Jam

AÇAI BOWL - V, GFO

\$24.5

House-Made Granola, Kiwi Fruit, Banana, Strawberries, Blueberries, Passionfruit, Coconut Chips, Goji Berries & Chia Seeds
ADD: Peanut Butter \$2 Nutella \$2 Gluten Free Granola \$2

GRANOLA BOWL

\$20.5

Sweet Yoghurt, House-Made Granola, Lemon Balm & Wild Rose Petal/Berry Compote **

STRAWBERRY PANNA COTTA

\$22.5

Sweet Yoghurt, House-Made Granola, Poached Pear & Strawberry Panna Cotta **

PROTEIN PANCAKES

New!!!

\$24.5

Fluffy Protein-filled Pancakes layered with Sweet Yoghurt & Mixed Berry Compote **

**** Swap to Coconut Yoghurt****

HOT CAKE

\$22.5

Fluffy House-Made Hot Cakes, with Pepe Saya Butter & 100% Canadian Maple Syrup

ADD: Ice-Cream \$3, Berries \$4, Mascarpone \$3, Caramelised Banana \$4

EGGS BENEDICT ON SOURDOUGH-GFO \$24.5

Spinach & Hollandaise

Bacon or Smoked Salmon

+\$5

HONEY HALLOUMI - GFO

\$25.5

Honey Halloumi, Two Poached Eggs, Avocado, Spinach, Za'atar & Parsley Oil on Sourdough

FRENCH TOAST

Regulars Favourite

\$24.5

Brioche, Whipped Ricotta, Caramelised Banana, Fresh Mixed Berries & Salted Caramel
Add Ice-Cream \$3

BIG BREAKFAST - GFO

\$31.5

Chorizo, Bacon, House-Made Hash Brown, Roasted Cherry Tomatoes, Mushrooms, Sourdough with Eggs your way

CILBIR EGGS - GFO

You won't regret it...

\$24.5

Chorizo, Roasted Capsicum, Spanish Eggs, Za'atar, Labneh, Crumbed Feta, Mixed Micro Herbs & Fresh Mint served with Sourdough

CHILLI EGGS - V, GFO

\$24.5

Free Range Scrambled Eggs, Chives, Crumbled Feta, Roasted Tomatoes, topped with Chimichurri served on Sourdough

JALAPEÑO CORN FRITTERS - V, GF \$24.5

Jalapeño Corn Fritters with Poached Eggs, Labneh, Avocado, Sumac, Pomegranate, Pickled Onions & Micro Herbs

Gluten Free Substitutions +\$2

SIDES

BACON	\$6
CHORIZO	\$5
SALMON	\$7
HALLOUMI	\$7
CHERRY TOMATOES	\$4
SPINACH	\$5
HASH BROWN	\$5
AVOCADO	\$5
MUSHROOMS	\$5
MIXED GREENS	\$6
FRITTERS (3 PCS)	\$9

V - Vegetarian, VG - Vegan,

GF - Gluten Free, GFO - Gluten Free Option

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weekend & public holiday surcharge applies

SALADS & BOWLS

FROM 10AM



NOURISH BOWL - V, VG \$26.5

Roasted Cauliflower, Roasted Sweet Potato, Slaw, Avocado, Brown Rice, Pickled Onion, Cashew Spread & Toasted Seeds

Why not add some extra Protein

SPICED PUMPKIN MISO BOWL \$24.5 V, VG, GF

Cashew Spread, Kale Slaw, Brown Rice, Pickled Onion & Carrot, Broccolini, Pumpkin, Avocado, Spiced Seeds and Edamame, topped with Miso Dressing

POKE BOWL - V, VG \$27.5

Soba Noodles, Brown Rice, Pickled Ginger, Avocado, Cucumber, Wakame, Sesame Seeds, Sweet Asian Dressing
Choice of: Sticky Pork Belly, Katsu Chicken, Smoked Salmon or Prawns

CHICKEN SALAD - GF \$26.5

Grilled Chicken, Rocket, Mint, Charred Corn & Cauliflower Rice, Spiced Labneh, Honey Vinaigrette, with Roasted Almonds

ADD PROTEIN:

GRILLED CHICKEN BREAST	\$7
SMOKED SALMON	\$7
PRAWNS	\$9
GLAZED PORK	\$7
HALLOUMI	\$7
HOUSE MADE FALAFEL (3) - VG	\$9

SANDWICHES

BLT \$15.5 (add avocado +\$5)

Bacon, Lettuce, Tomato, Aioli on Schiacciata

SCHNITZEL \$18.5

Buttermilk Crumbed Chicken, Lettuce, Tomato, Pickles, Cheese, Aioli on Schiacciata

FISH TACOS \$25.5

Two Beer Battered Barramundi Fish Tacos topped with Salsa, Lime, Avocado, with Harissa Aioli and Coriander

PORK BAO BUNS \$27.5

Glazed Pork Belly, Slaw, Chives, Coriander, Crispy Shallots, Cucumber, Pickled Chilli, Carrot & Sesame Mayo *New!!*

SOUTHERN FRIED CHICKEN BURGER \$26.5

Crispy Chicken, Lime Aioli, Slaw, American Cheddar served with Fries

ANGUS BEEF BURGER \$26.5

House-Made Angus Beef Patty, American Cheddar Cheese, Lettuce, Pickles, Onion & Mac Sauce served with Fries

MOOLOOLABA PRAWN PASTA \$29.5

Prawns, Zucchini, Parsley, Garlic, Confit Tomatoes, White Wine, Basil Oil & Chimichurri

The favourite is Back!

FRIES

SUPER CRUNCHY POTATO FRIES	\$9
SWEET POTATO FRIES, LIME AIOLI	\$10

KIDS MENU

BACON & EGG ROLL	\$12
SCRAMBLED EGG ON TOAST	\$10
BUTTERMILK PANCAKES	\$12
add ICE CREAM	+\$3
CHICKEN TENDERS & CHIPS	\$13
CHEESEBURGER & CHIPS	\$15
FISH & CHIPS	\$13

Same time next week?

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