

# Breakfast

## **Bacon & Egg Roll ... 12 – (GFO)**

bacon and free-range egg on a bun with sauce of choice

## **Big Breaky Roll ... 14.5 (GFO)**

bacon, 2 eggs, hashbrown, melted cheese and sauce of choice

## **Haven Roll ... 12 (V, GFO)**

egg, rocket, smokey house relish & aioli with bacon 15

## **Toasties ... 12 (GFO, DFO)**

combine your favourite from ham, cheese and tomato

## **Avo Toast ... 19.5 (V, GFO, DFO)**

Avocado smashed with citrus & topped with marinated fetta, toasted sesame & nigella, tomato medley, house chilli oil

## **Toast ... 7 (V, GFO) Croissant ... 8**

sourdough buttered with choice of spread. Choose from house made jam or marmalade, peanut butter, or vegemite. Add avo +5

## **Eggs your way ... 12 (V, GFO)**

free range scrambled, poached, fried on sourdough – add sides from below to make it your own.

## **Sides** – to complete your perfect breakfast

Add an egg + 2

Bacon (2 rashers) + 6

Half an Avo + 5

Hashbrown + 3

Gluten free bread + 2

House made relish + 2

# Drinks

## Coffee / Tea

**Cap - FW - LB - Latte - Hot Choc**

**Small ... 5 Med ... 5.5**

**Mocha Small ... 5.5 Med ... 6.5**

**Iced Latte / LB ... 6.5**

**Tea:** English Breakfast, Peppermint, Chamomile, Masala Chai ... 5

**Babycino ... 1** or free in a keep cup

**Syrups:** caramel, vanilla, hazelnut ... **0.5**

**Extra shot, alternative milks ... 0.5**

## Cold Bottled

**Still ... 3**

**Sparkling ... 5**

**Lemonade ... 3.5**

**Ginger Beer ... 5**

**Coke/Zero ... 3.5**

**Bottled OJ ... 5**

## Classic shakes

**Chocolate, Strawberry, Vanilla or**

**Caramel ... 9**

made with milk, ice cream and syrup

## Smoothies

**Banana ... 9.5**

with milk, honey, cinnamon and yoghurt

**Mixed Berry ... 10**

with milk, honey and yoghurt

**Mango ... 10**

with milk, honey and yoghurt

alternative milks ... +1

Add protein ... 2

## Juice

fresh made from your choice of seasonal fruits in the cabinet.

**Pick me up ... 10.5**

apple, orange and pineapple

**Healthy start ... 10.5**

Carrot, apple, orange and celery

**Get your veg ... 10.5**

carrot, celery, beetroot & ginger

**Immunity Boost ... 10.5**

Orange, lemon, carrot & ginger

# opening MENU

# opening LUNCH MENU

## Poke Bowls (GF)

Grilled chicken breast ... 19  
Marinated Tofu ... 19  
Smoked Salmon ... 25

served on a bed of warm brown rice, sweet corn, avocado, cucumber, capsicum, carrot, cabbage, mixed leaves and pickled ginger. Topped with crispy shallots, toasted sesame seeds and creamy goma dressing.

## Chicken Caesar Salad... 18

Grilled chicken breast, garlic thyme croutons, bacon, cos, eggs, parmesan and tossed in house caesar dressing

## The OG Roast (GF) ... 19

Golden free range Roast Chicken, rosemary roast potatoes, seasonal greens and gravy

## Lunch Bar

See the display

## Kids

**I'm not hungry:** 1 egg & 1 toast ... 6.5

**I don't care:** cheese toasty with cucumber and cherry tomato on the side ... 8

**I don't know:** kids bowl from the lunch bar ... 12

### Kids Burger ... 15

Grilled beef or chicken, cheese & sauce of choice and chips

## Chicken and chips (GF)

Juicy free-range chickens marinated in rosemary, thyme and garlic then roasted to golden perfection

¼ chicken & chips ... 14 & salad +5

½ chicken & chips ... 20 & salad +5

### Hot Chips (GF, DF)

Small bowl ... 8 Large bowl ... 12

### Sweet Potato Fries (GF, DF)

Small bowl ... 10 Large bowl ... 14

add aioli or spicy mayo +1.5

### Chicken Only

¼ chicken..9 ½ chicken..15.5 Whole Chicken..27.5

## Sandwiches (GFO)

See the cabinet for today's premade sandwiches & toasties

Sandwiches can also be made to order.

**Allergen statement:** we take the greatest care to cater to special dietary requirements, but cross contamination is still a possibility.

**GF** – gluten free

**GFO** – can be made gluten free on request

**V** – Vegetarian

**VG** - Vegan

**DF** – doesn't contain dairy

**DFO** – can be made dairy free on request

## Burgers (GFO)

Add chips to any burger for +\$5

### Cheese Burger ... 15

Grass fed grilled beef, melted cheese, tangy pickles & sauce of choice

### Classic Burger ... 16

Grass fed grilled beef, melted cheese, tomato, lettuce, onion, & sauce of choice

### Aussie Burger ... 21

Grass fed grilled beef, bacon, beetroot, pineapple, cheese, tomato, lettuce, onion and sauce of choice

### Haven Burger ... 18

Grass fed grilled beef, mustard, pickles, cheese, lettuce, tomato, house relish & aioli

### Chicken Burger ... 17

Free-ranged grilled chicken breast, avocado, tomato, lettuce & chili mayo

### Go Tropical Burger ... 19

Free-ranged grilled chicken breast, bacon, pineapple, lettuce & aioli

### Vegetarian Burger ... 17

Haloumi, avocado, hot honey, tomato & lettuce

## Just say the word to add:

Beef patty ... 6

Chicken breast ... 6

Fried egg ... 2

Bacon ... 3

Avocado ... 3

Cheese ... 1

Tomato ... 1

Lettuce ... 1

Pickles ... 1

Beetroot ... 2

Pineapple ... 2

Aioli/spicy mayo ... 1

House relish ... 1

Mustard

Tomato sauce

BBQ sauce