

ALL DAY MENU

TOAST 7.50

La Madre sourdough
w/ housemade strawberry jam | peanut butter | honey
vegemite | nutella
(grain or white toast available)

The Healthy Loaf - gluten free 9.00

LA MADRE FRUIT SOURDOUGH 9.00

with butter &/or housemade strawberry jam

HOUSEMADE GREEN TEA GRANOLA 16.00

with dates almonds, cranberries & vanilla yoghurt
DFA/VGO with coconut yoghurt +\$2

AVO SMASH 19.50

on sourdough with feta, cumin salt, lime, turmeric
hummus, poached egg & crunchy quinoa

V, DFA/VGO, GFA+\$2

BUTTERMILK PANCAKES 18.50

with grilled banana, butterscotch sauce, chocolate
bark & maple mascarpone

V, GFA+\$2

EGGS BENEDICT 18.50

poached eggs on English muffin with spinach,
housemade hollandaise & choice of
bacon | ham | smoked salmon | mushrooms
VO, GFA +\$2

EGGS ON LA MADRE SOURDOUGH 10.00

poached, fried or scrambled
chilli scrambled + \$2.50

GF+\$2.00, V

ADD TO ANY MEAL

\$5.00 ea GF |bacon|salmon|avo|halloumi

\$4.00 ea GF |mushrooms|hashbrown|feta|housemade beans

\$3.00 ea GF |spinach|tomato|hollandaise| pesto | crispy kale

\$2.00 ea GF |tomato relish|GF toast|extra egg

\$1.50 ea |extra toast|tomato sauce

POACHED EGGS ON HASH 19.50

with feta & avo mousse, bacon, beetroot hollandaise
VO, GF

STUFFED MUSHROOMS 17.50

crumbed & filled with parmesan, cream cheese &
pesto topped with crispy prosciutto, poached eggs

VO, GFA +\$2

CORN FRITTERS 18.50

with avo & a zucchini, feta, tomato salad

AND choice of smoked salmon - OR - bacon

add poached egg +\$2.00

VO, GF, DFA

ROASTED PUMPKIN 17.50

with quinoa & charred asparagus salad, halloumi,
walnuts & yoghurt dressing

V, GF, DFA/VGO

KATSUDON BOWL 21.50

Crumbed pork with fried egg, turmeric rice,
Japanese mayo, pickled vegetables,

DF, GFA +\$2

SALMON CROQUETTES 20.50

with dill creme fraiche, & a pear and walnut salad

OKONOMIYAKI 20.50

savoury pancake of potato, corn, onion & cabbage,
topped with Japanese mayo & kimchi salad

add poached egg +\$2

V, GF, DF

FRIES with aioli GF, V, VG 8.00

V= vegetarian / VO= vegetarian alternative available

VG= Vegan / VGA+ = vegan alternative available

GF= gluten free / GFA+ = gluten free alternative available +\$2

DF = dairy free / DFA= dairy free alternative available

hey porter

CHECK OUT OUR
SPECIALS BOARD

DRINKS

Coffee by Woolshed Roastery \$4.00
(also available on ice)
espresso / short macchiato \$3.50

chai latte | turmeric latte | matcha \$4.00
hot chocolate | white hot chocolate | mocha \$4.00
chai tea brewed leaf latte \$5.00
add our locally harvested honey + .50

extra shot | decaf | mug | extra milk + .50
syrops- vanilla | hazelnut | caramel + .50

milk alternatives:

bonsoy | milklab almond |
oat milk | lactose free +\$1.00

tea by Love Tea \$4.00

english breakfast | earl grey | moroccan mint | chai |
green | chamomile | immunity | lemongrass & ginger

freshly squeezed juice \$9.00

create your own
Orange | Apple | Watermelon | Pineapple
Ginger | Mint | Turmeric

smoothies \$9.50

banana (w/ honey and cinnamon)
mixed berry (w/strawberries, raspberries, blueberries)
green (spinach, banana, kale & apple)

All contain dairy. dairy free available on request +\$1

Juice \$4.50 | apple | orange

nectar cold pressed bottled juice \$5.00
sweet cheeks - watermelon, apple, raspberry, lime
green w/ envy - apple, celery, spinach, kale lemon, cucumber

kids pop top \$4.00 | apple | orange

milkshakes \$7.00 thickshake \$8.00
chocolate | strawberry | vanilla | caramel
banana | blue heaven | lime

fancy milkshakes \$8.50
chai | coffee | hazelnut | nutella

Iced coffee \$7.00 | iced chocolate \$7.00 (with cream +.50)

spiders \$6.50 | raspberry | coke | lime

remedy kombucha \$5.50 | ginger & lemon | raspberry
lemonade
| cherry plum | mango passion

mineral water \$4.50

karma drinks \$5

lemmy lemonade | lemmy lime & bitters
Fairtrade & organic, all money from every karma drink sold goes back to the
growers over in Sierra Leone

dash sparkling water \$4.50

mineral water infused with 'wonky fruit' - fruit that would otherwise be
thrown away
peach | lemon

soft drink \$4.00 | coke | coke no sugar | lemonade

ALCOHOL

Bubbles

Prosecco Brut	DeBortoli Soir de Paris	King Valley France	Piccolo 200ml \$10 B \$38
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White

Chardonnay	d'Arenberg	Adelaide	G \$10 B \$40
Sauv Blanc	Catalina Sounds	New Zealand	G \$9 B \$37
Rose	Bone Dry	Blue Pyrenees	G \$10 B \$40
Pinot Gris	6ft6	Geelong	G \$10 B \$40

Red

Tempranillo	Domlina Estate	Wauran Ponds	B \$42
Pinot Noir	Long Board	Bellbrae	G \$11 B \$42

Half Bottles

Rose	Cote des Roses	France	1/2 B \$25
Sauv Blanc	Saint Clair	New Zealand	1/2 B \$21
Shiraz	Dandelion Vineyard	Barossa	1/2 B \$21

Beers

Furphy	\$9
Corona	\$9
Great Northern	\$8
Carlton Zero non alcoholic	\$6

Spirits

Gin | Vodka | Pimms \$9

Mixers:

Tonic | Soda | Lemonade | Coke | Peaches | Lemon

hey porter