

## BREAKFAST

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### Granola

House granola served with strawberries, blueberries, greek yoghurt and a shot of milk \$14

### Avo Smash

Smashed Avo, beetroot hummus, candied nut dust and a poached egg served on toasted sourdough \$16

### Breakfast Sandwich

Bacon, two eggs, rocket, tomato, cheese and smokey BBQ Sauce on toasted multigrain \$14

### Eggs Benedict

Poached eggs with shaved ham, spinach and house made hollandaise on toasted sourdough \$18

### Eggs Salmon

Poached eggs with smoked salmon, spinach and house made hollandaise on toasted sourdough \$20

### Eggs Veggo

Poached eggs with mushrooms, spinach and house made hollandaise on toasted sourdough \$16

### Market Breakfast

2 eggs your way, 2 sausages, bacon, mushrooms and roast tomato on toasted sourdough \$20

### Corn Fritters

House made corn fritters with bacon, poached egg and rocket salad on toasted sourdough w/ house tomato relish \$17

### Ricotta Pancakes

Rhubarb and raspberry compote, vanilla mascarpone, fresh strawberries and blueberries, roasted pistachios and a shot of maple syrup \$15

### Omelette

with cheese, spinach, tomato and toast / with chorizo \$15/\$17

### Bagel

Toasted bagel with bacon, scrambled eggs, tomato and spinach \$14

### Chilli Scrambled Eggs

Scrambled eggs with chilli, onion, bacon, cherry tomatoes, mint and coriander \$15

### Waffles

with strawberries, blueberries, ice cream and local 'Spencer Cocoa' chocolate shards \$13

### Eggs

Fried, Scrambled or Poached Eggs with sourdough \$10

### Banana Bread or Fruit Toast

2 slices with butter \$7

### Toast

Sourdough, Multi-grain or Turkish with choice of jam, Vegemite, honey or Nutella \$7

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### Sides

Grilled Bacon, grilled shaved ham, smoked salmon, 2 sausages \$5.5ea

Grilled halloumi, roast mushrooms, avocado, 2x roast garlic and herb tomatoes \$4ea

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## LUNCH

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### Bruschetta

Toasted sourdough with rocket, semi-dried tomatoes, black olives, and feta cheese \$12

### Market Sandwich

Bacon, rocket, cheese, tomato and cucumber with mayo served on toasted turkish \$11

### Chicken Fajita Bowl

Chicken, lime quinoa, corn, tomato and onion salsa and black beans. \$16

### Chicken Salad

Grilled chicken and sweet corn salad with Peri Peri dressing \$16

### Buttermilk Fried Chicken Burger

Buttermilk fried chicken with fennel, slaw and chipotle kewpie mayo with a side of herb salted potato chips \$16

### Steak Sandwich

Grilled steak with salad, cheese, onion and house chilli jam on toasted turkish \$18

### Chicken Sandwich

Grilled chicken with salad, cheese and Peri Peri sauce on toasted turkish \$18

### Beef Burger

Grilled beef burger with rocket, tomato, cheese, bacon and smokey BBQ mayo sauce with herb salted potato chips \$16

### Toasted Sandwich

Ham, cheese and tomato on multi \$8.5

### Bowl of Chips

Herb Salted Potato *or* Sweet Potato \$6/\$8

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## COFFEE

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### Espresso - by Allpress

Cappuccino, flat white, latte	sml \$4/lge \$4.50
Mocha, dirty chai	sml \$4.5/lge \$5
Long black	sml \$3.5/lge \$4
Piccolo, macchiato or espresso	\$3.5
Soy, almond or lactose free milk	\$0.5
Vanilla, Hazelnut or Caramel syrup	\$0.5
Iced Coffee/Mocha (with ice cream)	\$5.5
Iced Latte	\$5.5

### Summer Latte

Espresso, milk, vanilla syrup + ice	\$4.5
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### Single Origin Cold Brew

Black + ice	\$4.5
Latte + ice	\$4.5
+Syrup	\$0.5

## TEA

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### Loose Leaf Tea

English breakfast, Earl Grey, Peppermint, Chai Chamomile or Green in a 500ml pot	\$5.5
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## HOT CHOCOLATE

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### Flavours - by Grounded Pleasures

Original Chocolate, Sicilian Orange, Dark Chocolate, Vanilla Bean, French Mint, Cinnamon Spice, or Real White	sml \$4/lge \$4.50
Single Origin - Tanzania	sml \$4.5/lge \$5

## JUICE

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### Fresh Juice

Apple, watermelon, orange, carrot, ginger, mint or pineapple - mixed or neat	\$6.5
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### Sunrise on Market

Raspberries, pear, orange and lemon	\$6.5
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### Pink Four

Apple, strawberry, raspberries, watermelon	\$6.5
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### Cleanse

Kale, celery, apple	\$6.5
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### Refresh

Watermelon, apple, mint	\$6.5
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### Rise

Orange, apple, lemon, mint	\$6.5
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### Fire

Orange, carrot, ginger, tobasco	\$6.5
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## SMOOTHIES

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### Breakfast Smoothie

Rolled oats, banana, blueberries, LSA, lite milk, yoghurt and honey (add protein powder + \$2)	\$7
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### Banutta Smoothie

Banana, lite milk, rolled oats, honey, LSA, yoghurt and peanut butter (add protein powder + \$2)	\$7
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### Green Monster

Kale, banana, pineapple, grape and coconut water (add protein powder + \$2)	\$7
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## PROTEIN SMOOTHIES

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### Green Gains

Kale, banana, pineapple, grape, dates and coconut water + 1 scoop of plant-based protein powder	\$9
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### Lift

Double espresso shot, banana, cacao powder, rolled oats & soy milk + 1 scoop of protein powder	\$9
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## SHAKEY MILKS

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Chocolate, Caramel, Vanilla, Lime or Strawberry	\$5.5
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## SODAS

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### Passionfruit Soda

Passionfruit pulp with soda on ice	\$6
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### Strawberry Soda

Strawberry Soda + strawberry salsa on ice	\$6
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### Lemonade Soda

Lemonade Soda + lemon salsa on ice	\$6
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## NOAH'S JUICE

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Apple Juice Or Orange Juice.

Apple, Watermelon and Mint Smoothie.

Apple, Peach, Kiwi Fruit, Mango & Lime Smoothie.

Apple, Pear, Coconut Water, Honeydew Melon,

Aloe Vera & Lime Smoothie.

Orange, Apple, Guava, Banana, Pineapple & Paw Paw.

Apple, Guava, Blackcurrant, Strawberry & Blueberry. \$4

## BUNDABERG BREWED DRINKS

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Ginger Beer, Tropical Mango, Blood Orange,

Lemon Lime + Bitters, Lemonade,

Creaming Soda, Passionfruit \$4

## ASSORTED COLD DRINKS

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Coke, Coke No Sugar, Diet Coke - Can \$3

Bottled Water \$3

Sparkling Mineral Water \$4

### The Jump Start

Berocca served with chilled water and a side of sympathy \$3

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