



ON THE LIGHT SIDE

TOAST OF YOUR CHOICE [GFO] 5.0
 SOURDOUGH, LINSEED AND WHOLEMEAL BREAD

W BUTTER PEANUT BUTTER, JAM, MARMALADE,
 ORGANIC HONEY AND VEGETEMITE 1.0

DATE AND APRICOT TOAST [V] 5.0

HAM & CHEESE CROISSANT 6.0

HOME-MADE GRANOLA [GF,VGO] 13.5
 HOUSE GRANOLA, WITH FRESH BERRIES, BANANA, COCONUT YOGHURT, HONEY AND YOUR CHOICE OF MILK

ACAI BOWL [GF,V] 16.5

ACAI BERRY, COCONUT WATER, BERRIES, ORGANIC HONEY, GRANOLA AND BANANA

POACHED EGGS ON TOAST [V,GFO] 12.5

EGGS W YOUR CHOICE OF TOAST

BACON AND EGG ROLL [GFO] 10.0

FREE RANGE EGG, BACON

SALADS

WELLNESS SALAD [VG,GF] 18.0
 PUMPKIN, KALE, QUINOA, CHICKPEAS, BROCCOLI, MINT AND MACADAMIA CREAM

ADD SPICY CHICKEN BREAST 6.0

BAGELS

SALMON GRAVALAX AND CREAM CHEESE 10.0

HAM AND CHEESE 6.0

JAM AND BUTTER 5.5

PLAIN 4.5

CROISSANTS

HAM AND CHEESE 6.0

CHEESE AND TOMATO 5.0

SUBSTANTIAL

PANCAKES [V] 17.0

3 PANCAKE STACK WITH STRAWBERRIES, BANANA, MAPLE SYRUP, W A CHOICE OF COCONUT YOGHURT AND PISTACHIOS

OR

HONEYCOMB BUTTER

SMASHED AVO ON SOURDOUGH [V,GFO] 20.0

SOURDOUGH TOAST WITH AVOCADO, SNOW PEA TENDRILS, WHIPPED FETTA, ROAST CHERRY TOMATO AND POACHED EGGS

BURGERS/ROLLS

SPICY CHICKEN BURGER [GFO] 18.0

MARINATED CHICKEN BREAST, AVOCADO, CHEESE, HOUSE SLAW WITH SPICY MAYO AND CRISPS

BRISKET BURGER [GFO] 18.0

180G BEEF BRISKET PATTY WITH BURGER SAUCE, CHEESE, ONION, HOUSE PICKLES AND CRISPS

SANDWICHES

THE REUBEN 14.0

CORNED BEEF, KRAUT, SWISS CHEESE, THOUSAND ISLAND DRESSING AND HOUSE-MADE PICKLES

THE CLUB 12.5

CHICKEN, BACON, LETTUCE, TOMATO AIOLI ON TURKISH

THE MEDITERRANEAN 12.5

ZUCCHINI, CAPSICUM, FETTA, OLIVES, TOMATO, PESTO ON TURKISH

THE CHICKEN WRAP 10.5

CHICKEN BREAST, CELERY, WALNUTS, TARRAGON, & LEMON AIOLI

