



ALL DAY BREAKFAST & LUNCH

[Mon - Sun 8:30 am - 3.30 pm]

BREAKFAST

Organic Porridge

Warm & creamy Oats porridge topped with seasonal fruits, maple syrup, sunflower & pumpkin seeds 8.5

Healthy Granola & fruits

Smooth creamy yogurt topped with seasonal fruits & organic granola with honey 8

Avo & Hummus On Toast

Homemade delicious Hommus & Avocado Salsa on Toasted Sourdough topped with Ricotta Cheese, Garden Greens and Grilled Truss Tomato-[GF Option] 15.9

Cuppas Benedict

Hashbrown, Poached Eggs, Buttered Mushrooms, Wilted Baby Spinach, with Creamy Hollandaise Sauce 16.9

Free Range Eggs on Toast{Sourdough/Multigrain} 9.5

-Poached/Scrambled/Fried

-Gluten Free Buckwheat Bread [2.5 extra]

Mushy Spinny Omelette

{Mushroom & Spinach Omelette with Parsley, Ricotta Cheese, Garden Greens & Multigrain Toast-[GF/DF Option]} 15.7

Chilli-OM {Spicy Omelette with Onions, Coriander & Chillies with Multigrain Toast [GF/DF Option]} 14.9

KIDS BREKKIE

Kiddo Plate :Egg on Toast [poached/scrambled/Fried] +mini pancake Served with dollop of ice-cream 12.9

SIDES

Mushrooms / Spinach / Grilled Truss Tomato 3.5

Hashbrown 3.5

Zucchini mint pea fritters/ Avocado 3.9


Hummus dip / Hollandaise Sauce 3.5

Haloumi Cheese pan fried 4.1

Extra Egg 3

LUNCH

Spicy Pancakes with Coconut Chutney

-  Lentil & Rice Pancakes freshly made and topped with Onions, Tomatoes, Coriander and sprinkled with spices Served hot with healthy homemade Coconut Chutney [GF/DF Option] 13.9

Fritters

Zucchini, Mint, Pea Fritters, Buckwheat Bread with Poached Egg, Homemade Dill Cream & Fresh Truss Tomato Salsa [GF/DF Option] 17.9

Soup Of The Day

Soup served with sourdough [GF/DF Option] 10
-Gluten Free Buckwheat bread [\$2.5 extra]

NANO BITES

Zucchini, mint, pea Fritters drizzled with homemade Dill cream [2 pcs] 7.1

Brekkie on Brioche [Egg spinach hollandaise sauce brioche] 7.9

Avo & Feta on Toast with balsamic glaze 9.2

House-made Hummus Dip with bread 6.7

 Cheese Chilly Toastie 7.1

Mushroom Spinach and Cheese Toastie 7.9

Sourdough or Multigrain Toast with preserves/butter 6.5

Fruit bread/ Buckwheat bread with butter/preserves [GF] 7.5

SWEET TREATS


Hot Buttermilk Pancakes with Organic Maple Syrup 9

-With Ice-Cream **Or** Whipped Cream [3.5 extra]

-Strawberry/Banana/Apple [3.5 extra]

Cuppas Homemade Choco-Almond Brownie with Vanilla Ice-Cream **Or** Whipped Cream 7.5

Waffle, Strawberry, Banana, Whipped Cream, Ice-cream and chocolate sauce 9.9

 Contains fresh chilies

GF – Gluten free **DF** – Dairy Free

Please let us know if you want your meal mild or spicy 😊