



LUNCH

Roasted Beetroot Bruschetta	\$16.00
with yoghurt beetroot babaganoush & dukkah	
Chicken & Quinoa	\$24.00
with poached chicken, avocado, cherry tomatoes, watercress & lemon vinaigrette	
Brown Rice Bowl	\$18.00
with edamame, pickles, avocado, poached egg & seeds	
Ever Green	\$18.00
beans, broccoli & green pea salad with roasted pepita seeds, radish, fresh herbs & basil dressing	
*add Chicken	\$6.00
Smoked trout	\$8.00
Lamb & Grains	\$28.00
slow cooked lamb with farro, buckwheat, quinoa, urrents, seeds, pomegranate, pinenuts, beetroot & baba ganoush	
Shoestring fries	\$5.80
Wagyu Beef Burger	\$18.00
with double cheese, pickles, lettuce, tomato & aoli, served with shoestring fries	

PASTA

Orecchiette & trout	\$26.00
shell shape pasta with smoked trout, green peas, dill in a creamy lemon sauce	
Pasta & Meatballs	\$24.00
nonnas recipe meatballs with napoli sauce & parmesan	
Shoestring fries	\$5.80

SWEETS

Home made cakes	\$6.00
please check our front counter	
Scones	\$9.00
house baked with jam & cream	

DRINKS

Beer Lord Nelson	\$9.00
Wine White / Red / Sparkling	\$8.45

DRINKS

Espresso	
SML	\$3.70
LG	\$4.70
Cold Drip	\$5.00
Chai Latte & Tumeric Latte	\$4.70
Hot Chocolate & Mocha	
SML	\$3.70
LG	\$4.70
Tea (loose Leaf)	\$5.00
english breakfast, earl grey, senchi green, lemongrass & ginger, peppermint, chamomile	
Probiotics	\$7.00
komboucha (passion fruit or shake)	

MILSHAKES

Milshakes	
nutella	
peanut butter & banana	
strawberries & cream	

SMOOTHIES

Crazy Monkey	\$8.00
blueberry - banana - almond milk	
Berry Madness	\$8.00
mixed berries - apple juice - lime - ginger	
Green Smoothie	\$8.00
almonds - coconut water - mango - kale	
Fresh Juice of the Day	\$8.00

BOTTLED COLD PRESS JUICE

Summer Greens	\$6.00
kale, pineapple, apple, celery, mint, spinach	
Ginger Ninja	\$6.00
carrot, apple, ginger, tumeric	
Sunny Side Up	\$6.00
pineapple, orange, passionfruit, coconut water	
Jach Rose	\$6.00
apple, strawberry, lemon, mint	

HOMEMADE SODAS

Passionfruit soda	\$6.00
Lemon lime & bitters	\$6.00
Mint infused lemonade	\$6.00