

## FRUIT, GRAINS, CEREALS

<b>Porridge</b>	
with barley, spelt, sesame, sunflower, poppy, preserved fruit	\$16.00
<b>Acai Bowl</b>	
Topped with granola and fresh berries	\$15.00
<b>Honey Spiced Granola</b>	
yoghurt, chia seeds, coconut flakes, and seasonal fruit	\$16.00

## TOASTS, SPREADS

<b>Banana Bread</b>	\$9.00
<b>Toast</b>	\$9.00
white sourdough / soy linseed / gluten free walnut & fig toast / rosemary foccacia	
<b>Scones</b>	\$6.00
house baked with jam & cream	
<b>Bacon &amp; Egg Focaccia</b>	\$9.00
with cheese home made chutney & aioli	
<b>Hummus &amp; feta Spread</b>	\$16.00
on toasted sourdough with cherry tomatoes pine nuts & sumac	\$16.00
*add Poached egg	\$4.00
<b>Eggs on Toast</b>	
poached, scrambled or fried served with sourdough & homemade chutney	\$14.00
<b>Sides</b>	
Braised Beans, avocado, roast tomatoes, hashbrowns, chorizo, bacon, pork sausage	\$4.00
avocado & tomato salsa	\$5.00
house smoked trout	\$6.00
	\$8.00

## CLASSICS

<b>Ricotta and Blueberries Panckes</b>	
with homemade mascarpone, maple Syrup & fresh berries	\$19.00
<b>Breakfast Burger</b>	
soft fried egg, smokey bacon, avocado, hash brown, cheese with sriracha mayo	\$18.00
<b>Corn &amp; Mint Fritters</b>	
topped with bacon & mashed avocado, drizzled with balsamic glaze & Beetroot babaganoush	\$20.00
*add poached egg	\$4.00
<b>Smoked Trout &amp; Quinoa</b>	
free range scrambled eggs, green peas, ricotta, fresh herbs and toast	\$22.00
<b>Avo &amp; Chilli Eggs</b>	
tomato & avocado salsa with black beans, chilli, lime & coriander topped with 2 poached eggs served with sourdough	\$20.00
<b>Breakfast Bowl</b>	
with brown rice, pickles, edamame, seeds, avocado & a poached egg	\$18.00

## DRINKS

<b>Cold Drip</b>	\$5.00
<b>Chai Latte Turmeric Latte</b>	\$3.70
<b>Hot Chocolate Mocha</b>	\$3.70
<b>Tea (loose Leaf)</b>	
english breakfast, earl grey, sencha green, lemongrass & ginger, peppermint, chamomile	\$5.00
<b>Komboucha</b>	
original / passionfruit / strawberry	\$7.00

## MILKSHAKES

<b>Milkshakes</b>	
nutella	\$8.00
peanut butter & banana	\$8.00
strawberries & cream	\$8.00

## SMOOTHIES

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

## BOTTLED COLD PRESSED JUICE

<b>Summer Greens</b>	
kale, pineapple, apple, celery, mint, spinach	\$6.00
<b>Ginger Ninja</b>	
carrot, apple, ginger, turmeric	\$6.00
<b>Sunny Side Up</b>	
pinapple, orange, passionfruit, coconut water	\$6.00
<b>Jack Rose</b>	
apple, strawberry, lemon, mint	\$6.00

## HOMEMADE SODAS

<b>Passionfruit soda</b>	\$6.00
<b>Lemon lime &amp; bitters</b>	\$6.00
<b>Mint infused lemonade</b>	\$6.00