

# LUNCH

**grilled chicken salad (GF)** ~\$14.9

salad mix, tomato, cucumber, red onion, Moroccan spiced chicken, lemon dressing

**super salad (VO, GF)** ~\$17.9

black quinoa, kale, charred corn, carrot, beetroot hummus, broccoli, nuts, poached egg, lime, chilli  
add grilled chicken +\$5

**B.L.A.T sandwich (GFO)** ~\$13.9

bacon, lettuce, avocado, tomato, aioli, sourdough toast  
Add relish + fried egg +\$3.0

**roasted pumpkin & halloumi (V, GFO)** ~\$13.9

sandwich- almond pesto & Baby spinach on sourdough

**steak sandwich (GFO)** ~\$17.9

scotch fillet, rocket, tomato, vintage cheddar, onion jam, aioli

**Moroccan spiced chicken sandwich (GFO)** ~\$13.9

Grilled spiced chicken, almond pesto, sun dried tomatoes & baby spinach

**SIDESHOW** ~\$14.9

Angus beef pattie, cheese, lettuce, pickle, mustard, kewpie mayo, ketchup & grilled onions

**RINGMASTER** ~\$15.5

Southern fried chicken, secret sauce, lettuce, cheese, pickle & grilled onions

**Classic Parma** ~\$21.9

(served with garden 'salad & chips) tomato base, smoked ham, mozzarella

**Fish & Chips** ~\$22.9

battered flathead fish served with salad

**Calamari** ~\$23.9

served with chips and salad

**Bowl of chips** ~\$9.9

## KIDS MENU

- STRICTLY UNDER 12YRS

**1 egg on toast + bacon** \$8.9

**waffles w maple, icecream, sprinkles** \$10.9

**ham cheese toastie w popcorn** \$6.0

**toast w spread** \$3.5

**vegemite + cheese soldiers** \$5.9

**porridge w honey + banana** \$10.9

**nuggets + chips** \$9.9

**mini chips** \$5.9

# BREAKFAST

**sourdough toast (GFO, DF)** ~\$6.9  
peanut butter or vegemite, jam

**fruitbread (V)** ~\$6.9  
sourdough made w figs, raisins, currants, apricots, orange peel served with butter

**just 2 free range eggs (GFO, DF)** ~\$11.5  
poached, scrambled or fried on sourdough / multigrain

**BIG brekkie (GFO)** ~\$23.9  
2 eggs, bacon, tomato, spinach, mushrooms, chorizo, relish, sourdough toast

**hey bloke (GFO)** ~\$22.9  
2 eggs, bacon, chorizo, cheesy hashbrown, relish, sourdough

**avacado smash (V, VGO, GFO)** ~\$19.9  
Feta, herbs, poached eggs, rocket, pumpkin & sunflower seeds, on multigrain toast

**veg brekkie (V, GFO)** ~\$21.9  
summer greens, chilli, seasoned ricotta, poached egg, seeds, charred quinoa loaf, avocado

**chilli scrambled eggs (GFO)** ~\$18.9  
danish fetta, thyme, chilli, sourdough

**sweetcorn fritters (VO)** ~\$22.9  
w smoked salmon, dill-caper sour cream, beetroot relish, poached egg

**mix berries waffles** ~\$20.9  
berries compote, fresh strawberries, candied popcorn, maple & Vanilla ice cream

**granola (DF, V, GF)** ~\$17.9  
housemade mix w coyo, seasonal fruit

**oat + chia porridge (VG)** ~\$17.9  
(dairy free) soy milk base w apple, rhubarb, coyo + granola

**miss benedict (VO, GFO)** ~\$19.9  
poached eggs, leg ham, hollandaise, sourdough  
Replace ham with  
(a) spinach  
(b) bacon  
(c) smoked salmon +\$3.0

## EXTRA

1 egg / hollandaise ~\$3  
gluten free toast / danish feta

mushrooms/ spinach / tomato ~\$4  
bacon / chorizo /avacado / halloumi

cheesey hashbrown / ~\$6

extra toast / tomato relish ~\$2

DIETARY KEY: **GF** - GLUTEN FREE, **V** - VEGETARIAN, **VG** - VEGAN, **DF** - DAIRY FREE  
**GFO** - GLUTEN FREE OPTION, **VO** - VEGETARIAN OPTION, **VGO** - VEGAN OPTION, **DFO** - DAIRY FREE OPTION

# DRINKS

## HOT

8 Oz/12 Oz

**Five Senses Coffee** \$4.2/5.2

House Blend (DARK HORSE)  
(latte, cappuchino, flat white, long mac, short mac, magic)

**Long Black / Espresso** \$4.2/5.2

bonsoy +50c  
milklab almond / coconut milk / lactose free + \$1  
oatmilk + \$1

**Single Origin** \$4.2/5.2

See grinder or ask staff

**Decaf** \$4.2/5.

Colombian; Medellin Excelso.  
Decaffeinated using 'Indirect process'

**matcha latte** \$5 / 6

**golden grind latte** \$5 / 6

tumeric, ginger & cinnamon base w a touch of honey

**beetroot latte** \$5 / 6

natural earthy flavor with velvety texture & sweet note

**prana chai 12 Oz** \$5.5

brewed w honey Soy + 0.50  
Almond Milk + \$1

**spiced chai** \$4.2 / 5.2

**Chamellia organic tea** \$4.5

English B.fast / Earl Grey / Green / Chamomile / Lemon Grass & Ginger / Peppermint

**white choc / hot choc** \$5/6

## SMOOTHIES

**super smoothie** \$11.9

banana, blueberries, coyo, almond milk, honey, chia, coconut.

**mango passion** \$11.9

mango, passionfruit & mango nectar

**tropical paradise** \$11.9

banana, berries, mango, red apple, strawberry

## COLD

**iced matcha/iced mocha** \$8.5

**iced coffee / iced chocolate** \$8.5

**thick milkshake** \$8.9

chocolate / strawberry / caramel / vanilla

## BOTTLED

**MOJO Pressed Juices** \$5.5

1. ORANGE 425ml

2. APPLE 425ml

3. Tropical 425ml

**Fused ice teas** \$5.5

1. peach

1. lemon

**Coke, coke zero, sprite,**

**sprite+, coke vanilla**

**(Cans)** \$3.9

**(Bottle 600ml)** \$5.5

OPEN EVERY DAY 8AM-2PM

\*\*Sorry - We are unable to change the menu or split bills during busy periods  
15% PUBLIC HOLIDAY SURCHARGE APPLIES

