

BREAKFAST

| | |
|--|---|
| sourdough toast (GFO, DF) ~\$7.9 peanut butter or vegemite, jam | sweetcorn fritters (VO) ~\$23.9 w smoked salmon, dill-caper sour cream, betroot relish, poached egg |
| fruitbread (V) ~\$8.9 sourdough made w figs, raisins, currants, apricots, orange peel served with butter | mix berries waffles ~\$20.9 berries compote, fresh strawberries, candied popcorn, maple & Vanilla ice cream |
| just 2 free range eggs (GFO, DF) ~\$11.9 poached, scrambled or fried on sourdough / multigrain | granola (DF, V, GF) ~\$17.9 housemade mix w coyo, seasonal fruit |
| biG brekkie (GFO) ~\$24.9 2 eggs, bacon, tomato, spinach, mushrooms, chorizo, relish, sourdough toast | oat + chia porridge (VG) ~\$17.9 (dairy free) soy milk base w apple, rhubarb, coyo + granola |
| hey bloke ~\$23.9 2 eggs, bacon, chorizo, cheesy hashbrown, relish, sourdough | miss benedict (VO, GFO) ~\$20.9 poached eggs, leg ham, hollandaise, sourdough Replace ham with (a) spinach (b) bacon (c) smoked salmon +\$5.0 |
| avacado smash (V, VGO, GFO) ~\$20.9 Feta, herbs, poached eggs, rocket, pumpkin & sunflower seeds, on multigrain toast | EXTRA ~\$3 1 egg / hollandaise gluten free toast / danish feta |
| veg brekkie (V, GFO) ~\$22.9 summer greens, chilli, seasoned ricotta, poached egg, seeds, charred quinoa loaf, avocado | mushrooms/ spinach / tomato bacon / chorizo /avacado / halloumi |
| chilli scrambled eggs (GFO) ~\$19.9 danish fetta, thyme, chilli, sourdough | cheesy 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 | COLD |
| Five Senses Coffee \$4.5 / 5.5 House Blend (DARK HORSE) (latte, cappuchino, flat white, long mac, short mac, magic) | iced matcha/iced mocha \$8.5 |
| Long Black/Espresso \$4.5 / 5.5 bonsoy +50c milklab almond / coconut milk / lactose free + \$1 oatmilk + \$1 | iced coffee / iced chocolate \$8.5 |
| Decaf \$4.5 / 5.5 Colombian; Medellin Excelso. Decaffinated using 'Indirect process' | thick milkshake \$9.9 chocolate / strawberry / caramel / vanilla |
| matcha latte \$5 / 6 golden grind latte \$5 / 6 tumeric, ginger & cinnamon base w a touch of honey | BOTTLED |
| beetroot latte \$5 / 6 natural earthy flavor with velvety texture & sweet note | MOJO Pressed Juices \$6.0 1. ORANGE 425ml 2. APPLE 425ml |
| prana chai 12 Oz \$5.5 brewed w honey Soy + 0.50 Almond Milk + \$1 | Fused ice teas \$6.0 1. peach 1. lemon |
| spiced chai \$4.5 / 5.5 | Coke, coke zero, sprite, sprite+, coke vanilla (Cans) \$4.0 (Bottle 600ml) \$6.0 |
| Chamellia organic tea \$5.0 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 | |

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) ~\$14.9 sandwich- almond pesto & Baby spinach on sourdough |
| steak sandwich (GFO) ~\$18.9 scotch fillet, rocket, tomato, vintage cheddar, onion jam, aioli | moroccan spiced chicken sandwich (GFO) ~\$14.9 Grilled spiced chicken, almond pesto, sun dried tomatoes & baby spinach |
| sideshow w side chips ~\$17.9 Angus beef pattie, cheese, lettuce, pickle, mustard, kewpie mayo, ketchup & grilled onions | ringmaster w side chips ~\$18.9 Southern fried chicken, secret sauce, lettuce, cheese, pickle & grilled onions |
| classic Parma ~\$23.9 (served with garden 'salad & chips) tomato base, smoked ham, mozzarella | fish & chips ~\$23.9 battered flathead fish served with salad |
| calamari ~\$24.9 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 \$8.0 | toast w spread \$4.0 |
| vegemite + cheese soldiers \$5.9 | porridge w honey + banana \$10.9 |
| nuggets + chips \$10.9 | |



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