



BAKED GOODS

BREAKFAST COOKIE 3
MUFFIN OF THE DAY 4
FRUIT LOAF 4

SANDWICHES & TOASTIES

SOURDOUGH TOAST 5.5
Vegemite | Peanut butter | Jam

AVO SMASH ON TOAST 8

VEGEMITE & THREE CHEESE 7.5
Cheddar, red leicester, gruyère & vegemite

PLOUGHMANS 8
Smoked ham, cheddar, pickles, onion jam & mustard

JALAPENO POPPER 8
Bacon, cheddar, cream cheese & jalapenos

MUSHROOM 8
Roast mushrooms, tarragon & gruyère

BREKKIE ROLLS

BACON & EGG 10
Bacon, fried egg, your choice of sauce

MUSHROOM ROLL 10
Mushrooms, fried egg, halloumi, kale, relish

BREKKIE CUPS

GRANOLA 9
Raspberry, mango, strawberry, chia & seeds

CHIA BIRCHER 9
Banana & citrus with pistachio

STICKY RICE 9
Black sticky rice, mango, raspberry & coconut

RAW APPLE 9
Chia, Cocoyo & cinnamon

SALADS

BREKKIE SALAD 10
Avocado, egg, quinoa, avocado, pickled cabbage, carrot & lemon dressing (GF)

CHICKEN & SLAW 10
Kale and sprout slaw with parmesan, walnuts & poached chicken (GF)

MEXICAN BOWL 10
Adobo beans, quinoa, avocado, corn salsa, lime & coriander yoghurt (GF)

PUMPKIN & LENTIL 10
Roast pumpkin, lentils, corn & marinated feta (GF)

MON - FRIDAY | 6AM - 11AM