



CAN'T GO WRONG WITH CARBS & SUGAR

Locavore sourdough **toast** with St David's cultured butter 7 (gfo +1)
+ selection of house made jams 0.5
+ Vegemite/Peanut butter/Nutella 0.5

Locavore sourdough **fruit toast** with St David's cultured butter 8 (gfo +1)
+ selection of jams 0.5
+ Ricotta, cinnamon, maple whip 1

Noisette **croissant** 5
+ Jam 1 /cheese 2 /tomato 2 /ham 2

Dr Marty's **crumpets** 6
+ Jam 1 /cheese 2/ tomato 2 /ham 2

House made **granola**, St David's vanilla yoghurt, mango & strawberry 16

House made **bircher**, blackberry yoghurt, apple & pomegranate 16 (gf)

Black sticky rice **porridge**, fried banana, coconut cream, peanut 16 (gfo)

Ricotta **dumplings**, raspberry curd, lime cheesecake, cinnamon crumble 18 (gf)

DAILY GRIND

Eggs on Locavore sourdough your way – poached, fried, scrambled, 10

tofu scrambles 12 (vegan – sides with a (v) denote vegan)

- + Roast tomato (v) 4
- + Bacon 5
- + Fetta 5
- + Avocado ½ or smashed (v) 5
- + Potato hash brown (v) 4
- + Hollandaise/vegan hollandaise/tomato or beetroot relish 2.5
- + Sesame pea crush 4
- + House made sausage w cucumber pickle 6
- + Seasonal mushrooms (v) 4
- + Zucchini & goats cheese croquette 4
- + Smoked Salmon 6
- + Sautéed greens w miso dressing (v) 4
- + BBQ beef brisket w pickles 6
- + Chipotle jackfruit (v) 4
- + Cauliflower fritter w tahini (v) 4

SERIOUS BREAKFAST BUSINESS

Roasted sesame **pea crush**, smoked salmon, sourdough, poached egg, nori hollandaise 19 (gfo)

Cotechino Sausage, fried polenta, salsa verde, shaved parmesan 19 (gf)
+ Poached egg 3

Smashed avo, corn, tomato, blackbean, habanero sauce, crispy potato, sourdough 18 (gfo)
+ Poached egg 3
+ Persian fetta 5
+ Bacon 5
+ Salmon 6

Breakfast **hotdog** – sausage, caramelised onion, sauerkraut, cheddar, bacon crumb, chipotle aioli & potato salad 20 (gfo)

Zucchini & goats cheese **croquettes**, beetroot hommus, dukkah 18
+ Poached egg 3
+ Bacon 5
+ Smoked salmon 6

PLANT BASED, it's all V

Granola, mango & strawberry, coconut yoghurt 16

Bircher, blackberry coconut yoghurt, apple & pomegranate 16 (gf)

Black sticky rice **porridge**, fried banana, coconut cream, peanut 16 (gfo)

Dr Marty's **crumpets** w apple & blueberry crumble, salted caramel ice cream 18

Potato & corn croquettes, sauce romesco, vegan mozzarella 19 (gf)

Smashed avo, corn, tomato, blackbean, habanero sauce, crispy potato sourdough 18 (gfo) + Vegan haloumi 5

Pumpkin **risotto**, peas, asparagus, macadamia fetta, fried sage 20 (gf)

Sweet potato felafel **burger**, beetroot hommus, avocado, cabbage & alfalfa salad, chips & relish 20 (gfo)

Vegan **ploughman's platter** – marinated olives, vegan haloumi, pickled cabbage, pumpkin hommus, mushroom pate, vegan salami, pita bread 22 (gfo)

LUNCH BREAK

Soup du jour, sourdough 13 (gfo)

Cuban braised pork **burger**, corn relish, mustard, pickle, swiss cheese, fried egg, chips 20 (gfo)

Pumpkin **risotto**, pancetta, peas, shaved parmesan, fried sage 23 (gf)

Baby snapper, green bean, potato, tomato, caper & radish salad w parmesan aioli 22 (gf)

Spring salad, asparagus, edamame, freekeh, zucchini, goats cheese, sauce romesco & pine nuts 22 (gfo)

+ Smoked salmon 6

Nutrition bowls 18 (gf & vegan);

- Rice noodle, pickled cabbage, carrot, spring onion, capsicum, cucumber, peanut dressing
- Quinoa, sweet potato, beetroot relish, broccoli, cauliflower, ½ avocado, toasted seeds

+ Salmon/chicken/tofu 5

LITTLE WORKERS

Lil **smash avo** on sourdough/white bread, poached egg 8 (gfo)

Egg your way on sourdough/white bread w bacon 8 (gfo)

Lil **porridge** w grilled banana 8(gf)

Lil **crumpet** w honey & fruit 8

Beans w sausage & sourdough/white bread 8 (gfo)

Mini beef **burger** w chips 12

Sourdough/white bread **toastie** 4 (gfo)

+ Ham/cheese/tomato 0.5

+ Vegemite/peanut butter/jam/Nutella 0.25

Grilled **fish**, hash brown, salad 12 (gf)