



### CAN'T GO WRONG WITH CARBS & SUGAR

Sourdough **toast** with St David's cultured butter 7 (gfo +1)

+ selection of house made jams 0.5

+ Vegemite/Peanut butter/Nutella 0.5

Sourdough **fruit toast** with St David's cultured butter 8 (gfo +1)

+ selection of jams 0.5

+ Ricotta, cinnamon, maple whip 1

**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**, cinnamon almond panna cotta, blueberry & peach 16

House made **bircher**, raspberry, lemon, yoghurt, sesame tuile 16 (gf)

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

Lemon meringue **French toast**, brioche, lemon curd, meringue, berries 18

### SERIOUS BREAKFAST BUSINESS

Smoked **Salmon**, potato gems, pickled zucchini, rye, apple remoulade, poached egg 19 (gfo)

**Pressed Pulled pork**, pesto, whipped fetta, asparagus, radish, poached egg, hollandaise, sourdough 19 (gfo)

**Smashed avocado**, quinoa tabouleh, sumac yoghurt, pumpkin crisps, sourdough 18 (gfo)

+ Poached egg 3

+ Persian fetta 5

+ Bacon 5

+ Salmon 6

**Chipotle beef**, mac & cheese, sweet potato waffle, spring onion 20

+ fried egg 3

+ fetta 5

Manchego & capsicum **croquettes** w sofrito, kale, mint pine nut + parsley salad 18

+ Poached egg 3

+ Bacon 5

+ Smoked salmon 6

### DAILY GRIND

**Eggs** your way on sourdough –

poached, fried, scrambled, 10

or;

**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 3

+ Vegan hollandaise 3

+ Tomato relish 2.5

+ Beetroot relish 2.5

+ Potato gems 4

+ House made sausage w cucumber pickle 6

+ Seasonal mushrooms (v) 4

+ Manchego + capsicum croquette 4

+ Smoked Salmon 6

+ Sautéed greens w miso dressing (v) 4

+ Chipotle jackfruit (v) 4

+ Cauliflower fritter w tahini (v) 4

### LUNCH BREAK

Buttermilk chicken **burger**, apple & fennel slaw, pickled jalapeno, chips aioli 20 (gfo)

Mushroom **tortellini**, asparagus, fried capers, salsa verde, parmesan 23

**Salmon**, cauliflower puree, fried florets, sauce vierge 22 (gf)

**Felafel**, tzatziki, roast tomato, eggplant, haloumi, balsamic, mizuna 22 (gf)

+ Smoked salmon 6

+ smoked chicken 5

**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

### PLANT BASED, it's all V

**Granola**, cinnamon & almond panna cotta, blueberry & peach 16

**Bircher**, raspberry, lemon, coconut yoghurt, sesame tuile 16 (gf)

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

Dr Marty's **crumpets** w lemon curd, apricots, almond praline 18

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

**Smashed avocado**, quinoa tabouleh, sumac & coconut yoghurt, pumpkin crisps, sourdough 18 (gfo)

Mushroom **tortellini**, asparagus, fried capers, salsa verde, macadamia fetta 23

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

