



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)

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

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, corn, tomato, black bean, 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

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

+ Zucchini & goats cheese 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)

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

Salmon, cauliflower puree, sauce vierge 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

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, corn, tomato, black bean, 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)

