



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)

Seasonal **fruit salad**, labne, seed & nut bar 18 (gf)

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

SERIOUS BREAKFAST BUSINESS

Prawn & corn fritters, broccoli, semidried tomato, tomato & chilli jam, lime aioli 19 (gfo)

+ Poached egg 3

+ Persian fetta 5

Pressed Pulled pork, pesto, whipped fetta, broccolini, 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

+ Tomato chilli jam 2.5

+ 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**, broccolini, 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

Chips w aioli or tomato relish 9 (gfo)

Nutrition bowls 18 (gf & vegan);

- Miso brown rice, pickled cabbage, cucumber, avocado w tamari nut crunch, carrot, edamame, siracha, kewpie (vegan aioli)
- Quinoa, beetroot relish, roast tomato, cauliflower, sweet potato hommus, avocado w dukkah
+ 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)

Seasonal **fruit salad**, coconut yoghurt, seed & nut bar 18 (gf)

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

Chipotle jackfruit **tortillas**, slaw, avocado, corn salsa 19

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

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

Pumpkin & lentil **burger**, spinach, tomato, onion, avocado, chips & relish 20 (gfo)