

FOOD MENU

Menu available Monday to Friday from 6:30am till 2:00pm & Saturday 7:00am until 1:45pm.
Savoury, Pastries and Cake cabinet items available from open until close.
Please quote table number upon ordering at counter.

V: VEGETARIAN

VG: VEGAN

DF: DAIRY FREE

GF: GLUTEN FREE

TOAST WITH CONDIMENTS / 9.5

2 slices of sourdough, or gluten free toast with butter and your choice of - nutella, honey, house made strawberry jam, peanut butter, vegemite or 2 slices of fruit and nut toast with butter and house made strawberry jam

EGGS YOUR WAY / 15

poached, fried or scrambled eggs on sourdough (gfo)

free range bacon (gf) + 5.5 / ham off the bone + 5 / local avocado + 5 / poached egg + 2.5 / halloumi + 5.5 / smoked salmon + 6.5 / roasted field mushrooms + 4.5 / roasted vine tomatoes + 4.5 / hash brown (gf) + 2.5

EGGS BENNY / 24

poached eggs, house made hollandaise on sourdough (gfo) with;
ham off the bone or free range bacon 24
or smoked salmon 26
or halloumi & roasted vine tomatoes 25

local avocado + 5 / halloumi + 5.5

BIG BOY BREAKY / 28.5

free range bacon (gf), grilled halloumi, hash brown, roasted field mushrooms, roasted vine tomatoes, poached eggs, beetroot chutney served on sourdough (gfo) (df)

ELIXIR SMASH / 19

Local avocado mixed with garlic oil, red onion, charred corn & fresh herbs served on sourdough (v) (vg) (gfo)

free range bacon (gf) + 5.5 / ham off the bone + 5 / halloumi + 5.5 / smoked salmon + 6.5 roasted field mushrooms + 4.5 / roasted vine tomatoes + 4.5 / hash brown (gf) + 2.5 poached egg + 2.5 / local avocado + 5

BREAKY BURGER / 21

free range bacon (gf), fried egg, hash brown, American aged cheddar, baby spinach, house made tomato chutney and smokey bbq sauce all on a toasted brioche (gf bun optional)

local avocado + 5

LEMON MERINGUE WAFFLES / 21

house made waffles, creme patisserie, house made meringue, lemon curd, raspberries pearls (v)

GARDEN OF AVO / 24

smashed local avocado, persian fetta, poached egg, seeded dukkha, beetroot puree, pickled vegetables & crispy onion rings on a slice of thick seeded sourdough (v) (vgo) (gfo)

free range bacon (gf) + 5.5 / halloumi + 5.5 / smoked salmon + 6.5 / roasted field mushrooms + 4.5 / roasted vine tomatoes + 4.5

SMOKE'N CHORIZO HASH / 24

smoked mild spanish chorizo & potato hash cake, sautéed baby spinach, grilled ham off the bone, poached egg, finished with sumac dusted hollandaise

halloumi + 5.5 / local avocado + 5 / roasted field mushrooms + 4.5 / roasted vine tomatoes + 4.5

AÇAÍ BOWL / 18.5

açaí berry, vegan granola, fresh seasonal fruits, coconut flakes (v) (df) (vg) (gf)

peanut butter + 1.5

CORN & ZUCCHINI FRITTERS / 22

sweet corn and zucchini fritters, house made napoli baked beans, local avocado, poached egg, corn salsa, lemon & thyme ricotta & tomato relish (v) (gf)

halloumi + 5.5 / free range bacon (gf) + 5.5 / smoked salmon + 6.5

HALLOUMI STACK / 24

grilled halloumi, free range bacon (gf), roasted and grilled zucchini, eggplant, pumpkin, sautéed baby spinach, house made crispy polenta cake, sweet potato & carrot puree, drizzled with pesto & basil oil (gf) (vegetarian option - replace bacon with roasted field mushrooms)

grilled chicken breast + 6

NOURISH BOWL / 24

grilled chicken breast, local avocado, labneh, brown rice and quinoa, house slaw, edamame, beetroot hummus, house pickled radish and cucumber, finished with seeded dukkah & crispy onion chips (gf) (dfo) - vegetarian option (replace chicken with grilled halloumi)

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KOREAN CHICKEN BURGER / 23

fried korean style chicken breast, pickled red onions, lettuce, kewpie mayonnaise, sliced onion on a brioche bun (gfo), with a side of rustic fries and aioli

STEAK SANDWICH / 25

queensland grass fed rib fillet, american aged cheddar, beetroot relish, lettuce, onion, sliced tomato, bourbon bbq sauce on turkish bread (gfo) with a side of rustic fries and aioli

BUTTERMILK CHICKEN TACOS / 23

3 southern fried buttermilk chicken breast strips on soft shell tacos, house made avocado mouse, house slaw with smoked yoghurt dressing, chipotle mayo, garnished with pickled red onions

side of rustic fries and aioli + 5

BOWL OF RUSTIC FRIES WITH AIOLI OR TOMATO SAUCE / 11

KIDS MEALS & DRINKS (UNDER 10YRS)

kids scrambled egg & free range bacon on white sourdough (gfo) / 11

kids local avocado on white sourdough (gfo) / 9

kids churros waffle, strawberries, vanilla ice cream, maple syrup / 11

kids chicken breast nuggets and chips with tomato sauce (gf) / 11

kids milk - caramel, chocolate, strawberry, vanilla / 4

babycino / 2.5

SIDES

free range bacon (gf) + 5.5 / ham off the bone + 5 / grilled chicken breast + 6 / smoked salmon + 6.5

local avocado + 5 / poached egg + 2.5 / halloumi + 5.5 / roasted field mushrooms + 4.5 / roasted

vine tomatoes + 4.5 / hash brown (gf) + 2.5 / house baked beans + 5 / sautéed spinach + 4

HOT DRINKS

batch brew / pour over / 5.8
rotating single origin filter roast

espresso / 4
blend of the week or rotating single origin

doppio / short macchiato / 4.5
blend of the week or rotating single origin

piccolo / 4.7

cappuccino / flat white / latte / 5.0

long black / long macchiato / 5.0
blend of the week or rotating single origin

COLD DRINKS

cold brew / cold drip / 5.8
rotating single origin

ice latte / ice long black / ice chocolate / ice mocha / ice chai / ice matcha / 6.7
tall glass over ice

ice coffee / ice chocolate / ice mocha / 8.5
with cream & ice cream

iced teas & soda / 5.7
lemon zest, tropical kiss, sneaky peach, mango magic

milkshake / 8.5
caramel, chocolate, coffee, hazelnut, mocha, strawberry, vanilla

thickshake / 9.5
caramel, chocolate, coffee, hazelnut, mocha, strawberry, vanilla

frappe / 8.5
caramel, chocolate, coffee, hazelnut, mocha, strawberry, vanilla

hot chocolate / white hot chocolate / affogato / mocha / chai / dirty chai / matcha / 5.6

extras
decaf +0.7 / extra shot +0.5
bon soy, oat, almond, lactose free, macadamia +0.7
mug +1

syrups / 0.7
vanilla, caramel, hazelnut

tea loose leaf (pot for 1) / 5.2
english breakfast, chai, chamomile, earl grey, sencha green, jasmine green, lemongrass & ginger

fresh juice / 8.5
apple or orange or watermelon & mint

get up & go / 9.5
apple, beetroot, carrot, celery, ginger

sunshine smoothie / 9.5
pineapple, mango, mint, coconut milk

paradise smoothie / 9.5
apple juice, mango, raspberries, mint

honey bee smoothie / 9.5
banana, chai, honey, milk of your choice
add double shot of coffee + 2

san pellegrino sparkling water
250ml / 4.5 500ml / 7

coke / coke no sugar / 4.9

bundaberg ginger beer / lemonade / 5