

Banana bread w/ homemade Passionfruit lemon butter

Toast Sourdough | Quinoa + Soy | Rye | Gluten-free w/ choice of condiments 5

Add:

Tomato 2

Avocado 3

Hard boiled egg 3

Provolone cheese 3

Ricotta 3

Shaved leg ham 4

Prosciutto 4

Smoked salmon 5



Farmer Jo Toasted Muesli Burnt Fig + Cinnamon Almond w/ Greek yoghurt homemade rhubarb compote & apple sticks

Quinoa Date + Coconut Bircher soaked in coconut water w/ Greek yoghurt, rhubarb compote and berries

Breakie Brioche Prosciutto, provolone cheese, smashed egg, avocado and roast tomato relish

Spiced Almond Milk And Chia Seed Pudding w/ toasted coconut and summer fruits

Zataar Toast Board w/ greek yogurt, sliced tomato, hard boiled egg on organic artisan sourdough

5 **Avocado + Tomato Bruschetta** w/ fresh basil, caramelised balsamic on organic artisan sourdough 10

Smashed Moroccan Chickpeas w/ hummus, avocado, grated parmesan on organic artisan sourdough 10

Smoked Salmon w/ herbed ricotta, avocado, capers, rocket, lemon on organic artisan sourdough 14

Ponzu Tuna With Wild Black Rice, Toasted sesame Seeds, Avocado, Shallots and Boiled Egg 15

The Protein Plate *a bit of uurythang*– Moroccan chickpeas, hard boiled egg, hummus, tomato, avocado, rocket w/ your choice of prosciutto, smoked salmon or shaved leg ham 13

San Choy Burrito Everything you'd crave on a chicken burrito in a lettuce cup 10

12 SANDWICHES 10

10 **Poached Chicken** w/ Chilli Lime and Coriander

Ham + Cheese Shaved leg ham, two cheeses, sherry + homemade Whiskey and Fennel onion relish w/ a side of McClure's pickles

10 **Tuna** w/ avocado, tomato, preserved lemon + herbed ricotta on quinoa + soy

12

10

#FOODGLORIOUSFOOD