

Lunch

See the blackboard for Specials and Salad of the Day!

Soup of the Day see our display fridge \$10.90

Sourdough Croissant with ham & vintage cheddar \$8.50

Kids Toastie with ham & cheese \$6.50

(GF) Salad Plate with a mix of salads of the day *Single salad* \$7.00, *2 salads* \$13.50

Open Sandwich with herbed roasted tomato and avocado on a slice of sourdough bread \$6.50

Curried Egg Sandwich \$9.50

Ham, Tomato & Avocado Sandwich with rocket & Dijon mustard \$10.90

BLT Sandwich bacon, lettuce and tomato \$10.90

Tuna Nicoise Sandwich with olives, tomato and lettuce \$10.90

Grilled Haloumi Sandwich with tomato, hummus, mint, cucumber & red onion on organic spelt barley five seed bread \$11.90

Pulled Pork Sandwich with apple slaw & honey mustard mayo on sliced organic walnut loaf \$16.50

Persian Lamb Sandwich with slow roasted lamb, feta, grilled zucchini and pomegranate relish \$16.50

Brioche Beef Burger in a 70g brioche bun with bacon, aged cheddar, rocket, onion rings and tomato chutney \$17.50

**All sandwiches and toast available on Gluten Free Bread*

Sides

Fries with aioli and tomato relish \$8.00 - Grilled haloumi \$4.00 - Smoked Trout \$4.00 - Lemon & Thyme Mushrooms \$3.00 - Spinach \$3.00 - Roasted Tomato \$3.00 - Bacon \$4.00 - Hash Brown \$4.00

CORPORATE & PRIVATE CATERING AVAILABLE

Cold Drinks

Fresh Drinking Coconut \$4.50

Freshly Squeezed Orange Juice \$6.50

Blushing Beet with beetroot, carrot, celery & ginger \$6.50

Green Giant with apple, celery, lemon & mint \$6.50

Fresh Coconut, Berry & Banana \$6.50

Milkshake with berry, vanilla or chocolate \$6.00

Smoothie with banana or berries, honey and Greek yoghurt \$7.50

Hot Drinks

Soy or almond milk for 50c extra

Coffee

Small \$3.00 **Regular** \$3.50 **Large** \$4.00

Gluten Free Hot Chocolate \$4.00

Tea in a pot \$4.00

Herbal tea - Spiced Plum, Peppermint

White tea - White Peony, White Peach, Paris with Bergamot

Black tea - Chocolate & Mint, Organic English Breakfast, Earl Grey, Hot Cinnamon Spice with Orange

Green tea - Genmaicha with Toasted Rice

Cleansing Infusion with squeezed lemon juice, chopped ginger and fresh mint leaves \$4.50

Winter Warmer Tea with Harney & Sons Spiced Plum tea, orange blossom and agave syrup \$4.50

Alcoholic Beverages

James Boags Premium Light Beer, TAS (\$6.00)

Mountain Goat Organic Steam Ale, VIC (\$8.00) - A sweet, light malt beer with a crisp flavour.

William Smith Organic Cider, TAS (\$7.50) - Light and refreshing acidity, red apple, toasty oak and fresh citrus flavours.

Pinot Grigio (Glass \$10.00, Bottle \$38.00)

Hahndorf Hill, Adelaide Hills, SA 2013

Rated as one of the top Pinot Grigios in Australia! Crisp and refreshing with a wonderful mix of freshly cut pear, nectarine and musk, this winery practises organic principles in their production of wines.

Sparkling Chardonnay (Mini bottle \$11.00)

Mother of Pearl NV, Chardonnay, Pinot

20% of this wine has been through Malolactic fermentation, which adds a complex yeast buttery character.

Rioja (Glass \$6.00, Bottle \$23.00)

Finca Manzanos, Spain 2012

Combining Tempranillo and Grenache grapes, this lovely wine is pure-fruited red, dense and concentrated, powerfully structured right to the finish. Expect a hint of blackcurrant and berries.

Pinot Noir (Glass \$9.00, Bottle \$35.00)

Coombe Farm, Yarra Valley, VIC 2012

The 2012 Pinot Noir is one of the best they have made, with an intense fruit, spice and gamey complexity on the nose. This wine is made using wild yeast instead of brewer's yeast and is vegan-friendly.

Cabernet Merlot (Glass \$8.00, Bottle \$35.00)

Clairault, Margaret River, WA 2011

The nose is classic Margaret River cabernet with leafy, tightly woven herbaceous notes. There are some smoked meats with the red currant, chocolate goodness we love in cabernet. Merlot rounds things out on the palate with medium body and weight. It is bright, young and easy drinking with fine, cocoa-like tannins.



Breakfast

Organic sourdough

Country White Wholemeal, Multigrain, Spelt, Baguette, Rye Lambrot, Spelt Barley
Five Seeds, Olive Loaf, Walnut Loaf & Fruit Loaf

Sourdough Toast your choice with a selection of our preservative free jams \$5.00

(GF) **Bananarama** banana bread toasted with ricotta, passionfruit, walnuts & honey \$12.90

Porridge with poached fruit, raspberry coulis and honey \$13.50

(GF) **Quinoa** with rose scented quinoa, cherry compote, vanilla bean yoghurt and toasted almonds \$14.00

(GF) **Buckwheat Pancakes** with lemon curd, blueberries and ricotta \$16.90

Just Eggs any style you like with your choice of house made organic sourdough \$8.50

Bacon & Egg Roll with house-made tomato relish *REGULAR* (one egg and a rasher of bacon) \$7.50 or *LARGE* (two eggs and two rashers of bacon) \$9.90

Eggs Benedict on an organic brioche bun with smoked salmon or smoked leg ham \$19.90

(GF) **Spanish Baked Eggs** with paprika spiced tomato, chorizo & chickpea ragu \$18.90

Hummus Awarma Hummus topped with spiced minced lamb, toasted pine nuts and mint \$17.00, *Add an egg* \$2.00 extra

(GF) **(DF)** **Corn Fritters** with avocado salsa, spinach & chilli jam \$16.90

(GF) **Vegetarian Breakfast** with polenta, roasted mushroom and tomato, dukka eggs, spinach & Persian feta \$19.90

(GF) **Egg Omelette** with your choice of 3 items *including ham, haloumi, cheddar, mushrooms, tomatoes, feta, spinach* \$14.50