PREAKFAST 7AM - 12PM		BREAKFAST 7AM - 12PM	
Toast: Sourdough Wild rice & quinoa bread	6.5	Toast: Sourdough Wild rice & quinoa bread	6.5
Wholemeal (gluten free)	7.5	Wholemeal (gluten free)	7.5
with triple berry jam, vegemite, or peanut butter		with triple berry jam, vegemite, or peanut butter	
Fig & sultana bread	7	Fig & sultana bread	7
Toasted fig & maple granola with hot poached fruit, yoghurt & mint	11.9	Toasted fig & maple granola with hot poached fruit, yoghurt & mint	11.9
Bacon & egg roll with chipotle relish & aioli	9	Bacon & egg roll with chipotle relish & aioli	9
BLT Smoked bacon, pickles, tomato, cheddar, leaves (brown / white) bread	12	BLT Smoked bacon, pickles, tomato, cheddar, leaves (brown / white) bread	12
Breakfast bowl Cauliflower rice, The Shop made pickled cabbage, avocado, haloumi & poached egg, toasted tamari pepitas & sesame seeds	17	Breakfast bowl Cauliflower rice, The Shop made pickled cabbage, avocado, haloumi & poached egg, toasted tamari pepitas & sesame seeds	17
Breakfast salad Poached egg, corn salsa, peas, zucchini, avocado, hot smoked salmon	18.5	Breakfast salad Poached egg, corn salsa, peas, zucchini, avocado, hot smoked salmon	18.5
Japanese breakfast Scrambled eggs, miso carrot, avocado, sesame seeds, nori, wasabi dressing	17	Japanese breakfast Scrambled eggs, miso carrot, avocado, sesame seeds, nori, wasabi dressing	17
Roasted field mushrooms on toast with persian fetta, pea salad	15.5	Roasted field mushrooms on toast with persian fetta, pea salad	15.5
+ Hot smoked salmon + Poached egg	4.5 3	+ Hot smoked salmon + Poached egg	4.5 3
Fried cannelloni beans in tomato+basil on persian fetta spread toast & a poached egg	15	Fried cannelloni beans in tomato+basil on persian fetta spread toast & a poached egg	15
Folded scrambled eggs, chives & toast	12	Folded scrambled eggs, chives & toast	12
KIDS BREKKIE		KIDS BREKKIE	
Poached egg or scrambled, toast	7	Poached egg or scrambled, toast	7
Nutella toast	6	Nutella toast	6

нот		нот	
Coffee	reg 3.8 lge 4.3	Coffee	reg 3.8 lge 4.3
Chai tea latte	4.8	Chai tea latte	4.8
+ Soy + Almond	0.5 1	+ Soy + Almond	0.5 1
Hot Choc	4	Hot Choc	4
Loose leaf teapot	4.5	Loose leaf teapot	4.5
Breakfast Assam, Ceylon, Yunnan, Chinese R	ed	Breakfast Assam, Ceylon, Yunnan, Chinese R	ed
Silver Jasmine Green tea infused over jasmine blo	ssoms	Silver Jasmine Green tea infused over jasmine blossoms	
Heal Lemongrass, calendula petals, ginger, mint, fennel seeds		Heal Lemongrass, calendula petals, ginger, mint, fennel seeds	
Digestif Organic peppermint, spearmint, fennel seeds, lavender		Digestif Organic peppermint, spearmint, fennel seeds, lavender	
JUICE		JUICE	
Green juice Kiwi, avocado, coconut, mint, spinach, cucumber, lemon	10	Green juice Kiwi, avocado, coconut, mint, spinach, cucumber, lemon	10
Fresh OJ	5	Fresh OJ	5
COOL		COOL	
Mineral water	Glass 5 750ml Bottle 10	Mineral water	Glass 5 750ml Bottle 10
Kombucha Mixed Berry	6.50	Kombucha Mixed Berry	6.50
Kombucha Ginger & Lemongrass	6.50	Kombucha Ginger & Lemongrass	6.50
Kombucha is a fermented drink made from tea and a powerful antioxant.		Kombucha is a fermented drink made from tea and a powerful antioxant.	
Ginger Beer & fresh lime	5	Ginger Beer & fresh lime	5
Blood orange sparkling	5	Blood orange sparkling	5
Cold drip coffee	5	Cold drip coffee	5

LUNCH	12PM- 5PM	LUNCH 12PI	м- 5РМ
Sandwiches - white / brown bread		Sandwiches - white / brown bread	
Meatballs Grass fed beef, Italian tomato sauce, cheddar, leaves	13	Meatballs Grass fed beef, Italian tomato sauce, cheddar, leaves	13
Gypsy ham Hot mustard, tomato, cheddar, mustar leaves	12 rd pickle,	Gypsy ham Hot mustard, tomato, cheddar, mustard pick leaves	12 le,
Tuna Capers, lemon, dill, boiled egg, pickle cucumber, leaves	12 s,	Tuna Capers, lemon, dill, boiled egg, pickles, cucumber, leaves	12
Poached Chicken Chilli jam, cheddar, leaves	12	Poached Chicken Chilli jam, cheddar, leaves	12
BLT Smoked bacon, pickles, tomato, ched	12 dar, leaves	BLT Smoked bacon, pickles, tomato, cheddar, lea	12 aves
+ Smoked bacon + Poached chicken + Avocado	3 3 2	+ Smoked bacon + Poached chicken + Avocado	3 3 2
Grass fed beef burger Tomato, pickles, cheddar, onion jam, special sauce	14	Grass fed beef burger Tomato, pickles, cheddar, onion jam, special sauce	14
+ Smoked bacon	3	+ Smoked bacon	3
Haloumi burger Tomato, pickles, grated carrot, onion j special sauce	14 am,	Haloumi burger Tomato, pickles, grated carrot, onion jam, special sauce	14
Bunless burger plate	14	Bunless burger plate	14
Kids sambo - no crust, one filling	6	Kids sambo - no crust, one filling	6
SALADS	12PM- LATE	SALADS 12PM	I- LATE
Italian beef meatball, melted cheddar seasonal vegetables, avocado, toasted hazelnuts		Italian beef meatball, melted cheddar, seasonal vegetables, avocado, toasted hazelnuts	18.5
Poached chicken, seasonal vegetable avocado, roasted hazelnuts & yoghurt		Poached chicken, seasonal vegetables, avocado, roasted hazelnuts & yoghurt	17.5
Hot smoked salmon, seasonal vegetal boiled egg & yoghurt	oles, 17.5	Hot smoked salmon, seasonal vegetables, boiled egg & yoghurt	17.5
Chipotle hot chicken tenderloins, tort chips, corn salsa, black beans,peas, av		Chipotle hot chicken tenderloins, tortilla chips, corn salsa, black beans,peas, avocado	18.5
Japanese chop chop, carrot, pickled cabbage, vegetables, nori, toasted ses	18.5 same seeds	Japanese chop chop, carrot, pickled cabbage, vegetables, nori, toasted sesame s	18.5 eeds
Miso carrot, ginger, hummus, tamari p seasonal vegetables	pepitas, 17.5	Miso carrot, ginger, hummus, tamari pepitas seasonal vegetables	, 17.5
+ Boiled egg	3	+ Boiled egg	3
+ Hot smoked salmon	4.5	+ Hot smoked salmon	4.5
+ Poached chicken + Meatball (each)	4.5 3.5	+ Poached chicken + Meatball (each)	4.5 3.5
+ Haloumi	4.5	+ Haloumi	4.5

DINNER 5PM- LATE		DINNER 5PM- LATE	
Cheese plate Brie, vintage cheddar, guava paste, chipotle relish, nuts, fruit, served with fig & walnut bread & wholemeal crackers	25	Cheese plate Brie, vintage cheddar, guava paste, chipotle relish, nuts, fruit, served with fig & walnut bread & wholemeal crackers	25
Antipasto plate Assorted salads, cheeses, dips, meat served with fig & walnut bread & wholemeal crackers	35	Antipasto plate Assorted salads, cheeses, dips, meat served with fig & walnut bread & wholemeal crackers	35
Grilled haloumi, lemon served with fig & walnut bread	11	Grilled haloumi, lemon served with fig & walnut bread	11
Grass fed beef burger Tomato, pickles, cheddar, onion jam, special sauce	14	Grass fed beef burger Tomato, pickles, cheddar, onion jam, special sauce	14
+ Smoked bacon	3	+ Smoked bacon	3
Haloumi burger Tomato, pickles, grated carrot, onion jam, special sauce	14	Haloumi burger Tomato, pickles, grated carrot, onion jam, special sauce	14
Bunless burger plate	14	Bunless burger plate	14
Italian beef meatballs, sweet potato mash, salad	17.5	Italian beef meatballs, sweet potato mash, salad	17.5
Kids dinner 8 Meatball, melted cheddar & sauce, mash & peas		Kids dinner 8 Meatball, melted cheddar & sauce, mash & peas	
DESSERTS		DESSERTS	
'Wellnessbytess' raw cakes No sugar, no gluten, no dairy - please ask for varieties	7.3	'Wellnessbytess' raw cakes No sugar, no gluten, no dairy - please ask for varieties	7.3
Homemade chocolate brownies	4.5	Homemade chocolate brownies	4.5
WE LIKE TO SHOP LOCAL AND WE HAVE		WE LIKE TO SHOP LOCAL AND WE HAVE	:

AROUND.

PLEASE, NO MENU CHANGES ON THE

WEEKEND. THANKS FOR YOUR PATIENCE.

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WEEKEND. THANKS FOR YOUR PATIENCE.

SPARKLING WINE		SPARKLING WINE	
Eddie McDougall	Glass 9	Eddie McDougall	Glass 9
Prosecco (King Valley VIC)	Bottle 46	Prosecco (King Valley VIC)	Bottle 46
WHITE		WHITE	
Hollys Garden	Glass 9	Hollys Garden	Glass 9
Riesling (Whitlands VIC)	Bottle 46	Riesling (Whitlands VIC)	Bottle 46
Printhie	Glass 8	Printhie	Glass 8
Sauvignon Blanc (Orange NSW)	Bottle 40	Sauvignon Blanc (Orange NSW)	Bottle 40
Moondarra After Kathleen	Glass 11	Moondarra After Kathleen	Glass 11
Pinot Grigio blend (Gippsland VIC)	Bottle 55	Pinot Grigio blend (Gippsland VIC)	Bottle 55
Even Keel	Glass 10	Even Keel	Glass 10
Chardonnay (Tumbarumba NSW)	Bottle 50	Chardonnay (Tumbarumba NSW)	Bottle 50
PINK		PINK	
Even Keel	Glass 9.5	Even Keel	Glass 9.5
Rose (Canberra district ACT)	Bottle 46	Rose (Canberra district ACT)	Bottle 46
Well Mannered Rose (Mudgee NSW)	Bottle 46	Well Mannered Rose (Mudgee NSW)	Bottle 46
RED		RED	
Hollys Garden	Glass 11	Hollys Garden	Glass 11
Pinot Noir (Gippsland VIC)	Bottle 55	Pinot Noir (Gippsland VIC)	Bottle 55
G&Co Shiraz, Barbera, Sangiovese (Mudgee NSW)	Glass 9 Bottle 42	G&Co Shiraz, Barbera, Sangiovese (Mudgee NSW)	Glass 9 Bottle 42
Tomero	Glass 13	Tomero	Glass 13
Malbec (Argentina)	Bottle 60	<i>Malbec (Argentina)</i>	Bottle 60
Inkwell I&I	Glass 10	Inkwell I&I	Glass 10
Shiraz (McLaren Vale SA)	Bottle 50	Shiraz (McLaren Vale SA)	Bottle 50
Golburn Terrace - Preservatice Free Cabernet (Nagambie Lakes VIC)	Bottle 45	Golburn Terrace - Preservatice Free Cabernet (Nagambie Lakes VIC)	Bottle 45
99% of our wines are made without the	use of	99% of our wines are made without the	use of

anything other than grapes and sulphur dioxide,

which is a necessary anti-oxidant. Our producers

sustainably tend their land with love and care, to

us as consumers.

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COCKTAILS		COCKTAILS	
Aperol spritz Aperol, sparkling wine, orange	13	Aperol spritz Aperol, sparkling wine, orange	13
Negroni	16	Negroni	16
Gin & tonic	9	Gin & tonic	9
Vodka, ginger beer & fresh lime	9	Vodka, ginger beer & fresh lime	9
Whiskey monkey shoulder	9	Whiskey monkey shoulder	9
BEERS		BEERS	
Castello Premium Lager	9	Castello <i>Premium Lager</i>	9
Stone & Wood Pacific <i>Ale</i>	9	Stone & Wood Pacific <i>Ale</i>	9
Mystery Beer	9	Mystery Beer	9
THE SHOP HOUR	3PM-6PM	THE SHOP HOUR	3РМ-6РМ
\$6 DRINKS / SELECTED WINES & BE	ERS	\$6 DRINKS / SELECTED WINES & BE	ERS