

**BREAKFAST
7AM - 12PM**

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

KIDS BREKKIE

Poached egg or scrambled, toast	7
Nutella toast	6

**BREAKFAST
7AM - 12PM**

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

KIDS BREKKIE

Poached egg or scrambled, toast	7
Nutella toast	6

HOT

Coffee	reg 3.8 lge 4.3
Chai tea latte	4.8
+ Soy	0.5
+ Almond	1
Hot Choc	4
Loose leaf teapot	4.5
Breakfast <i>Assam, Ceylon, Yunnan, Chinese Red</i>	
Silver Jasmine <i>Green tea infused over jasmine blossoms</i>	
Heal <i>Lemongrass, calendula petals, ginger, mint, fennel seeds</i>	
Digestif <i>Organic peppermint, spearmint, fennel seeds, lavender</i>	

JUICE

Green juice	10
<i>Kiwi, avocado, coconut, mint, spinach, cucumber, lemon</i>	
Fresh OJ	5

COOL

Mineral water	Glass 5 750ml Bottle 10
Kombucha Mixed Berry	6.50
Kombucha Ginger & Lemongrass	6.50
<i>Kombucha is a fermented drink made from tea and a powerful antioxant.</i>	
Ginger Beer & fresh lime	5
Blood orange sparkling	5
Cold drip coffee	5

HOT

Coffee	reg 3.8 lge 4.3
Chai tea latte	4.8
+ Soy	0.5
+ Almond	1
Hot Choc	4
Loose leaf teapot	4.5
Breakfast <i>Assam, Ceylon, Yunnan, Chinese Red</i>	
Silver Jasmine <i>Green tea infused over jasmine blossoms</i>	
Heal <i>Lemongrass, calendula petals, ginger, mint, fennel seeds</i>	
Digestif <i>Organic peppermint, spearmint, fennel seeds, lavender</i>	

JUICE

Green juice	10
<i>Kiwi, avocado, coconut, mint, spinach, cucumber, lemon</i>	
Fresh OJ	5

COOL

Mineral water	Glass 5 750ml Bottle 10
Kombucha Mixed Berry	6.50
Kombucha Ginger & Lemongrass	6.50
<i>Kombucha is a fermented drink made from tea and a powerful antioxant.</i>	
Ginger Beer & fresh lime	5
Blood orange sparkling	5
Cold drip coffee	5

LUNCH **12PM- 5PM**

Sandwiches - white / brown bread	
Meatballs	13
<i>Grass fed beef, Italian tomato sauce, cheddar, leaves</i>	
Gypsy ham	12
<i>Hot mustard, tomato, cheddar, mustard pickle, leaves</i>	
Tuna	12
<i>Capers, lemon, dill, boiled egg, pickles, cucumber, leaves</i>	
Poached Chicken	12
<i>Chilli jam, cheddar, leaves</i>	
BLT	12
<i>Smoked bacon, pickles, tomato, cheddar, leaves</i>	
+ Smoked bacon	3
+ Poached chicken	3
+ Avocado	2
Grass fed beef burger	14
<i>Tomato, pickles, cheddar, onion jam, special sauce</i>	
+ Smoked bacon	3
Haloumi burger	14
<i>Tomato, pickles, grated carrot, onion jam, special sauce</i>	
Bunless burger plate	14
Kids sambo - no crust, one filling	6

SALADS **12PM- LATE**

Italian beef meatball, melted cheddar, seasonal vegetables, avocado, toasted hazelnuts	18.5
Poached chicken, seasonal vegetables, avocado, roasted hazelnuts & yoghurt	17.5
Hot smoked salmon, seasonal vegetables, boiled egg & yoghurt	17.5
Chipotle hot chicken tenderloins, tortilla chips, corn salsa, black beans,peas, avocado	18.5
Japanese chop chop, carrot, pickled cabbage, vegetables, nori, toasted sesame seeds	18.5
Miso carrot, ginger, hummus, tamari pepitas, seasonal vegetables	17.5
+ Boiled egg	3
+ Hot smoked salmon	4.5
+ Poached chicken	4.5
+ Meatball (each)	3.5
+ Haloumi	4.5

LUNCH **12PM- 5PM**

Sandwiches - white / brown bread	
Meatballs	13
<i>Grass fed beef, Italian tomato sauce, cheddar, leaves</i>	
Gypsy ham	12
<i>Hot mustard, tomato, cheddar, mustard pickle, leaves</i>	
Tuna	12
<i>Capers, lemon, dill, boiled egg, pickles, cucumber, leaves</i>	
Poached Chicken	12
<i>Chilli jam, cheddar, leaves</i>	
BLT	12
<i>Smoked bacon, pickles, tomato, cheddar, leaves</i>	
+ Smoked bacon	3
+ Poached chicken	3
+ Avocado	2
Grass fed beef burger	14
<i>Tomato, pickles, cheddar, onion jam, special sauce</i>	
+ Smoked bacon	3
Haloumi burger	14
<i>Tomato, pickles, grated carrot, onion jam, special sauce</i>	
Bunless burger plate	14
Kids sambo - no crust, one filling	6

SALADS **12PM- LATE**

Italian beef meatball, melted cheddar, seasonal vegetables, avocado, toasted hazelnuts	18.5
Poached chicken, seasonal vegetables, avocado, roasted hazelnuts & yoghurt	17.5
Hot smoked salmon, seasonal vegetables, boiled egg & yoghurt	17.5
Chipotle hot chicken tenderloins, tortilla chips, corn salsa, black beans,peas, avocado	18.5
Japanese chop chop, carrot, pickled cabbage, vegetables, nori, toasted sesame seeds	18.5
Miso carrot, ginger, hummus, tamari pepitas, seasonal vegetables	17.5
+ Boiled egg	3
+ Hot smoked salmon	4.5
+ Poached chicken	4.5
+ Meatball (each)	3.5
+ Haloumi	4.5

**DINNER
5PM- LATE**

Cheese plate <i>Brie, vintage cheddar, guava paste, chipotle relish, nuts, fruit, served with fig & walnut bread & wholemeal crackers</i>	25
Antipasto plate <i>Assorted salads, cheeses, dips, meat served with fig & walnut bread & wholemeal crackers</i>	35
Grilled haloumi, lemon served with fig & walnut bread	11
Grass fed beef burger <i>Tomato, pickles, cheddar, onion jam, special sauce</i>	14
+ Smoked bacon	3
Haloumi burger <i>Tomato, pickles, grated carrot, onion jam, special sauce</i>	14
Bunless burger plate	14
Italian beef meatballs, sweet potato mash, salad	17.5
Kids dinner <i>Meatball, melted cheddar & sauce, mash & peas</i>	8

DESSERTS

'Wellnessbytess' raw cakes <i>No sugar, no gluten, no dairy - please ask for varieties</i>	7.3
Homemade chocolate brownies	4.5

WE LIKE TO SHOP LOCAL AND WE HAVE DISCOVERED SOME OF THE BEST PRODUCE AROUND.

PLEASE, NO MENU CHANGES ON THE WEEKEND. THANKS FOR YOUR PATIENCE.

**DINNER
5PM- LATE**

Cheese plate <i>Brie, vintage cheddar, guava paste, chipotle relish, nuts, fruit, served with fig & walnut bread & wholemeal crackers</i>	25
Antipasto plate <i>Assorted salads, cheeses, dips, meat served with fig & walnut bread & wholemeal crackers</i>	35
Grilled haloumi, lemon served with fig & walnut bread	11
Grass fed beef burger <i>Tomato, pickles, cheddar, onion jam, special sauce</i>	14
+ Smoked bacon	3
Haloumi burger <i>Tomato, pickles, grated carrot, onion jam, special sauce</i>	14
Bunless burger plate	14
Italian beef meatballs, sweet potato mash, salad	17.5
Kids dinner <i>Meatball, melted cheddar & sauce, mash & peas</i>	8

DESSERTS

'Wellnessbytess' raw cakes <i>No sugar, no gluten, no dairy - please ask for varieties</i>	7.3
Homemade chocolate brownies	4.5

WE LIKE TO SHOP LOCAL AND WE HAVE DISCOVERED SOME OF THE BEST PRODUCE AROUND.

PLEASE, NO MENU CHANGES ON THE WEEKEND. THANKS FOR YOUR PATIENCE.

SPARKLING WINE

Eddie McDougall
Prosecco (King Valley VIC) Glass 9
Bottle 46

WHITE

Hollys Garden
Riesling (Whitlands VIC) Glass 9
Bottle 46

Printhie
Sauvignon Blanc (Orange NSW) Glass 8
Bottle 40

Moondarra After Kathleen
Pinot Grigio blend (Gippsland VIC) Glass 11
Bottle 55

Even Keel
Chardonnay (Tumbarumba NSW) Glass 10
Bottle 50

PINK

Even Keel
Rose (Canberra district ACT) Glass 9.5
Bottle 46

Well Mannered
Rose (Mudgee NSW) Bottle 46

RED

Hollys Garden
Pinot Noir (Gippsland VIC) Glass 11
Bottle 55

G&Co
Shiraz, Barbera, Sangiovese (Mudgee NSW) Glass 9
Bottle 42

Tomero
Malbec (Argentina) Glass 13
Bottle 60

Inkwell I&I
Shiraz (McLaren Vale SA) Glass 10
Bottle 50

Golburn Terrace - Preservatice Free
Cabernet (Nagambie Lakes VIC) Bottle 45

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 are all independent, family operators like us, whom sustainably tend their land with love and care, to best express purity in their wines. This is something that is better for the environment, but also better for us as consumers.

SPARKLING WINE

Eddie McDougall
Prosecco (King Valley VIC) Glass 9
Bottle 46

WHITE

Hollys Garden
Riesling (Whitlands VIC) Glass 9
Bottle 46

Printhie
Sauvignon Blanc (Orange NSW) Glass 8
Bottle 40

Moondarra After Kathleen
Pinot Grigio blend (Gippsland VIC) Glass 11
Bottle 55

Even Keel
Chardonnay (Tumbarumba NSW) Glass 10
Bottle 50

PINK

Even Keel
Rose (Canberra district ACT) Glass 9.5
Bottle 46

Well Mannered
Rose (Mudgee NSW) Bottle 46

RED

Hollys Garden
Pinot Noir (Gippsland VIC) Glass 11
Bottle 55

G&Co
Shiraz, Barbera, Sangiovese (Mudgee NSW) Glass 9
Bottle 42

Tomero
Malbec (Argentina) Glass 13
Bottle 60

Inkwell I&I
Shiraz (McLaren Vale SA) Glass 10
Bottle 50

Golburn Terrace - Preservatice Free
Cabernet (Nagambie Lakes VIC) Bottle 45

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 are all independent, family operators like us, whom sustainably tend their land with love and care, to best express purity in their wines. This is something that is better for the environment, but also better for us as consumers.

COCKTAILS

Aperol spritz	13
<i>Aperol, sparkling wine, orange</i>	
Negroni	16
Gin & tonic	9
Vodka, ginger beer & fresh lime	9
Whiskey monkey shoulder	9

BEERS

Castello	9
<i>Premium Lager</i>	
Stone & Wood	9
<i>Pacific Ale</i>	
Mystery Beer	9

THE SHOP HOUR

3PM-6PM

\$6 DRINKS / SELECTED WINES & BEERS

COCKTAILS

Aperol spritz	13
<i>Aperol, sparkling wine, orange</i>	
Negroni	16
Gin & tonic	9
Vodka, ginger beer & fresh lime	9
Whiskey monkey shoulder	9

BEERS

Castello	9
<i>Premium Lager</i>	
Stone & Wood	9
<i>Pacific Ale</i>	
Mystery Beer	9

THE SHOP HOUR

3PM-6PM

\$6 DRINKS / SELECTED WINES & BEERS