

Z.I.A

— KITCHEN —

BREKKIE 7AM - 11:30AM

TOAST - 6

mix of Sonoma miche and soy & linseed
- gf rice bread + \$1.
With your choice of jams, honey, spreads

Z.I.A GRANOLA - 12

with natural yoghurt and honey

SONOMA FRUIT TOAST - 14

served with ricotta, fresh berries, maple syrup

SMASHED AVOCADO - 16

cherry tomato, fetta, baby basil.
served with a poached egg on top.

HERBED FRITTATA - 16

goats cheese, parmesan, fresh baby herbs

BACON & EGG ROLL - 11

crispy bacon, fried free range egg, tomato relish
in a milk bun

SEASONAL FRUIT SALAD - 14

with coconut yoghurt and honey

THE Z.I.A BREAKFAST PLATE - 21

two poached eggs, crispy bacon, mushroom,
avocado, haloumi

HOUSE CURED SALMON - 17

free range poached eggs, house cured salmon,
pickled beetroot with horseradish cream

BACON AND EGGS - 15

free range scrambled eggs with sonoma miche,
crispy bacon and fresh chives

EGGS ON TOAST - 11

free range eggs your way
poached/scrambled/fried

ADD SIDES - 4

avocado	crispy bacon - 5
vine ripened tomatoes	cured salmon - 6
grilled field mushrooms	
grilled haloumi	

*Gluten free option available upon request.

DRINKS

THE GROUNDS HOUSE ROASTED COFFEE

Regular - 4 Large - 4.5

SPECIALITY ORGANIC TEAS

Regular - 4 Large - 4.5

Ask our friendly staff about our pastry cabinet for something sweet and small

FRESHLY SQUEEZED JUICES - 7

VITAMIN C - orange, pineapple, passionfruit, mint
HERBAL BANG - carrot, beetroot, orange,
lemon, ginger

STRAIGHT UP - 7

- orange - watermelon - pineapple

SOMETHING THICKER - 7.5

Add protein or malt - 2

BERRY BERRY SMOOTHIE - mixed berries, vanilla
ice-cream, mixed berry sorbet, coconut water
CHOC-NUTELLA-CHOC THICKSHAKE - chocolate
sauce, nutella, vanilla ice-cream, maltesers, milk
WATERMELON CRUSH - watermelon, strawberry,
lime, magic

HOMEMADE SODAS - 5.5

- passionfruit pop
- house made lemonade
- house made lemon lime & bitters

SOFT DRINKS

Coke - Diet Coke - 3.5
Still 500ml - Sparkling 500ml - 4.5

Still 500ml - 4.5

Sparkling 500ml - 4.5

- QUALITY -
FOR OUR
COMMUNITY