

LUNCH.

from 11.3am only

Menu Key:

-  **GFO** - gluten free option
-  **GF** - gluten free
-  **VG** - vegan
-  **V** - vegetarian
-  **VO** - vegetarian option

Our Artisan Sourdough!

Handcrafted
Artisan All Natural Sourdough.
No Addictive's. No Preservatives.
No Yeast. No Sugar. No Dairy.
Vegan.
Just Traditional Honoured Techniques.

SALADS

KALE & QUINOA TABOULI (GF, DF) \$12.9 / **ADD:** Chicken, Smoked Salmon, Grilled Haloumi \$5 ea
Kale, quinoa, dukkah, parsley, lemon and cherry tomatoes tabouli

COUSCOUS SALAD (DF) \$12.9 / **ADD:** Chicken, Smoked Salmon, Grilled Haloumi \$5 ea
Couscous, pesto, roast potato, caramelized onion, currants and seeds

ROAST PUMPKIN SALAD (GF, DF) \$12.9 / **ADD:** Chicken, Smoked Salmon, Grilled Haloumi \$5 ea
Roasted pumpkin, quinoa, coriander, radicchio and seeds

CHICKEN CEASAR SALAD (GFO) \$17.9
Grilled chicken breast, bacon, garden leaves, Caesar mayonnaise, parmesan, onion and toasted artisan sourdough

SUBSTANTIAL EATS

SAVOURY QUICHE & SALAD (GFO/VO) \$12.9 Ask our staff for savoury quiche selection....



CHICKEN REUBEN (GFO) \$17.9
Grilled chicken breast, sauerkraut, cheese, tomato mustard mayo and artisan sourdough, served w/ crunchy fries & garlic aioli


SMOKED SALMON (GFO) \$17.9
Smoked salmon, beetroot relish, kale, cucumber, chilli roast fennel and artisan sourdough, served w/ fennel, cucumber & herbs salad

GRILLED HALOUMI (GFO/V) \$18.9
Grilled haloumi, roast eggplant, harissa, hummus, roast peppers and artisan sourdough, served w/ crumbed zucchini bites + dukkah spiced yoghurt

MEDITERRANEAN LAMB (GFO) \$18.9
Grass-fed lean lamb kofta, hummus, dukkah spiced yoghurt, pickled cabbage and artisan sourdough, served w/ crunchy fries & garlic aioli

CHICKEN CEASOR (GFO) \$18.9
Grilled chicken breast, smoked bacon, cheese, caesar mayonnaise and artisan sourdough, served w/ crunchy fries & garlic aioli

 **LUNCH: SIDES** Artisan toast, Hollandaise Sauce \$2 ea **LUNCH: SIDES** crunchy fries bowl + garlic aioli \$5 ea
 **LUNCH: SIDES** crumbed zucchini bites + dukkah spiced yoghurt \$6.5 ea

 We use a variety of nuts in some of our products & we cannot guarantee that our other products do not contain traces of nuts!

BREAKFAST.

mon - fri till 11.3am only / sat & sun till 1pm

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We accept bookings of all sizes

ARTISAN SOURDOUGH TOAST (GFO) \$6.9

W/ seasonal jam, peanut butter, nutella or vegemite

ARTISAN CROISSANT \$7.5

W/ smoked ham and cheese

ARTISAN CROISSANT \$11.9

W/ smoked bacon, free range fried egg and bbq sauce

OUR EGGS (GFO/V) \$12.9

Two free range poached eggs w/ sauté mushrooms, rich hollandaise and artisan sourdough

SIGNATURE AVOCADO (GFO/V) \$12.9

Smashed avocado w/ fresh tomato, feta, dukkah, lemon wedge and artisan sourdough

GRANOLA (GFO/V) \$12.9

House granola w/ yoghurt, fresh banana, strawberries, apple and coconut

ARTISAN CROISSANT \$16.9

W/ fresh banana, Nutella, strawberry, salted caramel, berry compote & vanilla bean ice cream

BACON & EGGS (GFO) \$17

Smoked Bacon w/ 2 free range poached eggs, roast cherry tomatoes and artisan sourdough

EGGS BENEDICT (GFO) w/ smoked ham \$18 / smoked bacon \$18 / smoked salmon \$18.9

W/ 2 free range poached eggs, sauté spinach, rich hollandaise and artisan sourdough

GRILLED HALOUMI (GFO/V) \$18

W/ 2 free range poached eggs, smashed avocado, cherry tomatoes, pesto and artisan sourdough

POTATO ROESTI \$18

W/ 2 free range poached eggs, sauté spinach, smoked bacon and rich hollandaise

 **BREAKFAST: SIDES** Sauté spinach, Mushrooms, Roast Tomatoes \$4 ea / 2 eggs, ½ Avocado, Bacon, Ham \$4.5 ea

 **BREAKFAST: SIDES** Haloumi, Smoked Salmon \$5 ea

SMOOTHIES.

Banana \$7.5 Banana, honey & ice cream

Berry \$7.5 Berries, honey & ice cream

Green \$9

Spinach, banana, mango & almond milk

Watermelon \$9

Watermelon, banana, mango & orange

Breeze \$9

Mango, pineapple, banana & orange

JUICES. \$4.9

Orange

Apple

Extreme C

Green Power

Radical Action

Karmarama

Carrot

ICE TEA. \$7.5

goji-berry
antioxidant

lemon
detoxing

acai-berry
cleansing

pomegranate
double the detox

CHILLED DRINKS. \$6

ice coffee

ice latte

ice mocha

ice chocolate

ice long black (df)