

SEASONAL

granola, fruit with yoghurt or coconut kefir	12
coconut sago pudding with fresh mango	13
pineapple, hemp seed and oat trifle	12

PASTRIES

today's muffin	4.5
raw cacao brownie	4
banana, date and seed loaf	5
croissant	4.5
tomato and onion tart	7.5
wild weed pie	6
pork sausage roll	6.5

TOAST BUTTER & SPREADS

white or soy and linseed sourdough	7
gluten free fig, apricot & almond	11
gluten free seeded brown	9

EGGS

fried, poached, scrambled or 63c with toast or sprouted brown rice	11
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ADD

free range egg/ baby spinach/ rocket/ tomato	3
avocado/ baked field mushroom/ marinated goat's feta	4.5
bacon/ crisped kipfler potato/ cauliflower fritter	5
serrano ham/ chorizo/ chicken breast/ smoked salmon	6

169 FAVOURITES

bacon and egg roll, spicy tomato sauce, rocket	12
sprouted brown rice, asparagus, 63c egg, umeboshi	13
buckwheat pancake, strawberry, tonka cream	16