

ALL DAY BREAKFAST & BRUNCH

**TOAST** / 3.50 1pc – 6.50 2pcs  
fruit toast, sourdough, multigrain, Turkish, go gf  
with choice of condiments;  
vegemite, house conserves, peanut butter, smashed avo

**FRUIT SALAD** / 13  
with fruity superseed pure maple granola

**MIDNIGHT OATS** / 13  
oats soaked overnight in almond milk, coconut,  
banana, pure honey, superseeds

**THE VEGAN SCRAMBLE** / 12  
golden tofu, turmeric, pickled and grilled kholrabi  
on your choice of toast. The vegan's "scrambled eggs & bacon".

**BLOODY MARY BREAKY** / 14  
celery salt cured tomato, ancient grains & goji berries,  
clarified tomato juice, vodka whorchestishire reduction,  
bacon and wafer croutons

**VEGGIE "BURGER" STACK** / 16  
braised field mushrooms (the bun!), veggie paddy, lettuce,  
tomato, cucumber, caramalised onions. sweet potato crisp,  
seasoned whipped tofu

**THE NEST** / 16  
soft boiled mousseline glazed eggs, raw shaved aparagus,  
grissinni, pork floss, grapefruit segments on smashed avo toast

**TRUFFLED SWEET POTATO & CORN FRITTERS** / 18  
dukkha coated son in law egg, smashed avo, bacon, corn tuille

**ASIAN CHILLI EGGS** / 19  
scrambled eggs with Korean chilli paste, masterstock king brown  
mushrooms, brocolini, spring onions, pork lardons, prawn crackers

**EGGS BENEDICT** / 16  
smoked ham hock

**EGGS YOUR WAY** / 11  
on toast: sourdough, multigrain, Turkish, go gf

KIDS

**SOFT BOILED DIPPY EGGS** with soldiers / 6  
**ONE EGG YOUR WAY** with a rasher of bacon / 6  
**JAFFLE** with cheese, tomato / 6

CREAT YOUR OWN

PROTEINS

■ Chicken	5
■ Beef sirloin	6
■ Lamb backstrap	7
■ Kangaroo	7
■ Smoked Salmon	7
■ Eggs	5
■ Golden Tofu	5
■ Bacon	5

SIDES / 4

- Brocolini
- Raw shaved asparagus
- Pickled kholrabi
- Zuchini noodles w/ gremolata
- Fermented apple cabbage slaw
- Wilted kale
- Cucumber ribbons with lime
- Sweet potato mash
- Roasted beets w/ goats curd, walnuts
- Cured tomato
- Wakame w/ roasted sesame dressing
- Roasted pumpkin w/ peppita seeds
- Quinoa w/ pomegranate, hemp seeds, herbs
- Ancient grains
- Spiced roasted chickpeas w/ hummus
- Fetta cheese
- Goats cheese

SALADS

**WARM CHICKEN SALAD** / 19  
cucumber, lime, ruby grapefruit,  
mizuna, superseeds

**QUINOA SALAD** / 20  
smoked salmon, pomegranate, hemp seeds,  
fresh herbs, mizuna, whipped coconut

**KANGAROO & ANCIENT GRAINS** / 22  
freakah, du puy lentils, wild rice, buckwheat, kale,  
hung yoghurt, goji berries, apple cider vinaigrette

**MARINATED LAMB SALAD** / 22  
spiced roasted chickpeas, wilted greens,  
roast pumpkin, hummus, peppita seeds

**CONFIT DUCK** / 25  
roasted beets and greens, goat curd,  
walnuts, fresh apple, red onion

MORE

**BEEF & PORK BURGER** / 19  
lettuce, tomato, cucumber, caramalised onion,  
seeded mustard pickle, on a Turkish bun.  
Served with chips and tomato sauce

**VEGAN SPAGHETTI BOLOGNESE** / 19  
mushroom bolognese, zuchini spaghetti

**TWICE COOKED PORK BELLY** / 25  
fermented apple cabbage slaw, jus

**CRISPY SKINNED SALMON FILLET** / 29  
wakame & roasted sesame salad.  
yuzu hollandaise, spring onion oil

**MEZZE PLATTER** / 32  
lamb, chicken, trio of dips,  
marinated olives, Turkish bread

COFFEE

Black or white	3.5
Mug	+ 1.0
Bonsoy	+ 0.5
Almond milk	+ 1.0
Coconut milk	+ 1.0
Decaf	+ 0.3
Chai	5.0
Hot choc/ Mocha	4.0

TEA / 4.5

English breakfast
Earl grey
Lavender grey
Honeydew green
Lemongrass & ginger
Peppermint
Chamomile

FOR THE MIND, BODY & SOUL

JUICES 7.5 / SMOOTHIES 9.5

BRAIN STIMULATOR

**Juice:** pomegranate, beetroot, celery, spinach & kale

**Smoothie:** avocado, banana, blueberry, walnuts, coconut water & tasteless fish oil + protein powder / 1.0

MUSCLE REPAIR

**Smoothie:** blueberry, almond, egg whites, banana, cinnamon & almond milk + protein powder / 1.0

HAIR & SKIN

**Juice:** pineapple, cantelope & orange

**Smoothie:** mix berries, yoghurt, walnuts, chia, banana & fresh apple

DIGESTION

**Juice:** celery, apple, cucumber, lime & mint

**Smoothie:** pear, apple, banana, honey, cinnamon, & almond milk

FAVOURITE FRESH JUICES:

Watermelon / Orange / Apple

FRESH COCONUTS / 7.0

- add pineapple & mint
- add coffee / +2.0

COCKTAILS

- Bloody Mary / 16.0
- Espresso Martini / 18.0



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BE THE DUCK