

FLEDGLING FOOD

toast sourdough or multigrain gluten free fruit toast	7.0 +1.5 7.0	chicken roll w/ house poached chicken, lettuce, avocado, herb mayo on a turkish roll	12.5
croissant ham & cheese	5.0 +2.5	mashed pumpkin w/ sweet potato, haloumi, beetroot yoghurt, herbs, dukkha, pomegranate, poached egg on multigrain	18.5
ham , cheese and mustard toasty	11.0	open steak sandwich w/ eye fillet, cheese, salsa, caramelised onion, roquette, bacon, relish, poached egg on sourdough	22.0
porridge w/ steel cut oats, chia, linseeds, cinnamon, nutmeg, milk, poached apple, candied walnuts, coconut sugar	15.5	chilli scrambled eggs w/ bacon, fried shallots, tomato, parsley, parmesan on sourdough	18.5
granola bowl w/ mixed nuts, seeds, acai, yoghurt, peanut butter, fruit	15.5	bacon and egg roll w/ spinach, tomato relish on a brioche bun	11.0
banana french toast w/ house made banana bread, berry compote, pistachio praline, salted caramel, mascarpone, fairy floss	19.0	veggie toasty w/ spinach, pumpkin, cheese, beetroot puree, tomato on sourdough	11.0
raspberry pancakes w/ popping chocolate, oreo, raspberry coulis, marscarpone, strawberries, Persian fairy floss	18.0	breakfast salad bowl w/ green leaves, salsa, quinoa, toasted seeds, avocado, haloumi, poached egg, house dressing add poached chicken	17.5 +4.5
eggs benney w/ hollandaise, your choice of pulled pork OR smoked salmon on an english muffin	17.5	the big fledge w/ bacon, eggs your way, spinach, avocado, mushrooms, roasted tomato on sourdough	22.0
smashed avo w/ heirloom tomatoes, toasted seeds, lemon, house marinated feta, pesto on sourdough add poached egg	18.5 +2.5	soup of the day w/ toasted sourdough	12.5
mushroom medley w/ garlic, herbs, poached egg on sourdough	18.5	eggs your way w/ toast	11.0
pulled pork burger w/ slaw, chipotle mayo on a brioche bun & crisps on the side	16.5	SIDES poached/fried egg scrambled egg hollandaise roasted tomatoes spinach haloumi bacon mushrooms house marinated feta avocado smoked salmon	2.5 3.5 2.5 4.0 4.0 4.5 4.5 4.5 4.5 4.5 5.0
zucchini fritters w/ peas, roasted artichoke, green leaves, heirloom tomatoes, haloumi, salsa add poached egg	18.5 +2.5		
blat w/ bacon, lettuce, avocado, tomato, mayo on a turkish roll	12.5		
ruben sandwich w/ house made pastrami, cheese, gherkin, mayo, sauerkraut on sourdough & crisps on the side	15.5		

please note a **15%** surcharge applies on public holidays
no alterations can be made to the menu

FLEDGLING DRINK

COFFEE

espresso 3.5
long black 4.0
milk based coffee 4.0
batch brew 4.5

hot chocolate 4.0
marshmallow hot chocolate 5.0
turmeric coconut latte 5.5
matcha maiden latte 5.5
chai latte / chai tea 6.5
kahlua latte 7.0

soy +0.5
almond +1.0
coconut +1.0
lactose free +1.0
decaf +0.6
mug +0.5

TEA

english breakfast 4.5
earl grey
lemongrass & ginger
peppermint
green tea

MILKSHAKES

peanut butter 7.0
salted caramel
strawberry
chocolate
vanilla
caramel
choc/peanut butter

ORGANIC JUICE

orange 6.0
apple

SOFT DRINKS

coke 4.0
diet coke
sprite
fanta
ginger beer

SMOOTHIES

berry smoothie - mixed berries, apple juice, LSA, almond milk 8.0

green power smoothie - spinach, avocado, banana, chia seeds, apple juice, LSA

peanut butter smoothie - peanut butter, cocoa, honey, banana, chia seeds, coconut, almond milk

COCKTAILS

bloody mary 12.0
espresso martini
aperol spritz

WINE

pinot grigio 8.0
sauvignon blanc
shiraz
prosecco

BEER

local beer 7.5
craft beer 8.5



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