
BRUNCH FAVOURITES

FREE RANGE EGGS YOUR WAYS ON SOURDOUGH	\$14.0
ADD BACON + 4.0	
ADD SMOKED SALMON + 5.0	
HERBED MUSHROOMS + 4.0	
SWEET POTATO ROSTI + 4.0	
BREAKFAST WRAP: TOASTED WITH FREE RANGE EGGS, CRISPY BACON, BABY SPINACH, CHEESE AND HOLLANDAISE SAUCE.	\$14.0
GREEK TACOS: TWO FLATBREADS, SERVED WITH SLOW COOKED LAMB A TOMATO, CUCUMBER SALSA, ROCKET AND DRIZZLED WITH A GARLIC MINT YOGHURT.	\$17.0
FLYING WEST BREAKFAST : FREE RANGE EGGS, BACON, HERBED FLAT MUSHROOMS, OVEN BAKED CHERRY TOMATOES, SWEET POTATO ROSTI ON GRAIN BREAD (GF AVAILABLE)	\$19.0
SMOKED SALMON, LEMON CHEESE SPREAD, SPANISH ONION, CAPERS AND ROCKET ATOP GRAIN TOAST AND DRESSED WITH BALMAMIC AND HERB OIL.	\$16.0
STEAK SANDWICH: RIB FILLET WITH MUSHROOMS, CARAMALISED ONION, TOMATO, CHEESE, LETTUCE, AND A RED WINE REDUCTION ON TOASTED FOCCACIA . W/ SIDE SALAD . + \$6	\$16.0
EGGS BENEDICT WITH SEEDED SOURDOUGH, BABY SPINACH, POACHED EGGS, HOLLANDAISE SAUCE WITH YOUR CHOICE OF SALMON +\$5	\$16.0
BACON + \$4	
AVOCADO + \$4	

VEGETARIAN

SEASONAL FRUIT SERVED WITH ORGANIC GREEK YOGHURT. (GF AVAILABLE) COCONUT YOGHURT + 2.0	\$10.0
SMASHED AVO WITH FETA AND TOASTED SEEDS, ON GRAIN TOAST (GF AVAILABLE)	\$16.0
ADD POACHED EGG + 3.0	
HERBED MUSHROOMS + 4.0	
SWEET POTATO ROSTI + 4.0	
VEGETARIAN BIG BREAKFAST: GRILLED HALOUMI, SWEET POTATO, OVEN ROASTED CHERRY TOMATOES, ROSTI, FREE RANGE EGGS, HERBED MUSHROOMS, BABY SPINACH AND AVOCADO SERVED ON GRAIN BREAD (GF AVAILABLE)	\$18.0
FLAT MUSHROOM ROASTED WITH FRESH THYME, ROSEMARY AND GARLIC SERVED WITH WHIPPED FETA AND ROCKET ATOP A TOASTED FOCCACIA (V OPTION. GF AVAILABLE)	\$16.0
VEGETARIAN BURGER: HERBED MUSHROOM, GRILLED HALOUMI, AVO, CARAMALISED ONION, SLICED TOMATO, ROCKET, GARLIC AND MINT YOGHURT ON A TOASTED FOCCACIA, W/SIDE SALAD . + \$6	\$16.0

KIDS

SMASHED AVO ON GRAIN BREAD	\$10.0
ONE POACHED EGG OR SCRAMBLED EGGS WITH BACON SERVED ON SOURDOUGH.	\$10.0
FRUIT SALAD WITH GREEK YOGHURT	\$8.0
COCONUT YOGHURT + \$2	
TOAST WITH SPREAD. -JAM-HONEY-PEANUT BUTTER-	\$8.0
MINI BREAKFAST WRAP WITH EGG, CHEESE AND SPINACH	\$10.0

EXTRAS

- SMOKED SALMON	\$5.0
- AVOCADO - HERBED MUSHROOMS	\$4.0
- SWEET POTATO ROSTI - BACON-	\$4.0
- EGG - HALOUMI	\$3.0
- GLUTEN FREE TOAST	\$3.0

FRESH SALAD WRAPS

CARROT, ONION, TOMATO, LETTUCE, CUCUMBER, CHEESE AND
MAYONNAISE \$9.0

HAM . + \$4.0

SMOKED CHICKEN + \$4.0

HALOUMI + \$4.0

AVOCADO + \$4.0

WITH SIDE SALAD + \$6.0

PLEASE LET US KNOW IF YOU HAVE AND SPECIAL
REQUESTS.