

Breakfast

Gluten Free - GF

Dairy free - DF

Vegan - V

If you are coeliac please advise staff
We can not guarantee there is no traces
of gluten

ALL DAY BREAKFAST

BANANA SPLIT 17

coconut yoghurt, seasonal fruit, granola, cocoa nibs, honey comb, bee pollen, rose quartz strawberry jelly GF, DF V

TWICE BAKED POTATO 23

bacon, sunny side up eggs, cheese, baked balsamic tomatoes GF

FRIED GREEN TOMATOES EGGS BENEDICT 23

hash brown, poached egg, avocado, chlorophyll shungite hollandaise, chili flakes basil. (oil or micro leaves) GF

BAKED EGGS IN SKILLET 25

stewed tomatoes, eggs, Cumberland sausage, paprika, mushrooms, pinenuts, black beans, watercress pesto, crunchy olive oil bread GF

BRAISED TOMATOES 22

tomatoes, paprika, mushrooms, pinenuts, black beans, watercress pesto, crunchy olive oil bread GF, V, DF

AVO 17

GF Pumpkin rice bread avocado homemade ricotta, lemon, dukka, zaatar, olive oil GF

CARAMALISED BANANA 14

peanut butter-sprouted locally made bread GF, DF, V

CHOC PUMPKIN BREAD 13

Pumpkin choc bread-butter-honeycomb

GRILLED GRAPEFRUIT 8

cinnamon-nutmeg-coconut yoghurt

EGGS TOAST GF 10

fried, poached, scrambled

ADD ONS 1

Add bacon, mushroom, spinach, tomato, avocado, chevron sausage, homemade sweet potato hash brown, baked beans

