



B R E A K F A S T M E N U (T I L L 1 2)

Mango + Coconut Sago Pudding | VG + GF | \$16

Creamy Coconut Sago Pudding, Mango puree, Fresh Berries & Toasted coconut flakes

The Foragers Fritters | VGO + GF | \$18.5

Pumpkin, Corn & Kale Fritters w/ A Poached egg, House Relish, Avo & Crisp Greens.

Add Bacon or Salmon +6

Eggs Benni | GFO | \$22

2 Poached Eggs, spinach & ACV Hollandaise on 48 Hour Fermented Sourdough with a choice of Bacon, Salmon or Mushrooms

Deluxe Salmon Bagel | \$16.5

Smoked Salmon, Capers, Cucumber, Pickled Onion, Rocket & Dill Cream cheese

Breakfast Bowl | VGO + GF | \$19.5

Twice Cooked Mushrooms, Sautéd Kale, Quinoa Tabouli, Roasted Beetroot & Cumin hummus + a Poached egg

Add Avo +4 Add Salmon +6

The Foragers Roll | GFO | \$16.5

Fried Egg, Bacon, Crisp Greens, Cheese, Mayo & Relish

Make it Vego - Swap Bacon For Fritter!

Smashed Avo on Toast | VGO + GFO | \$19.5

Local Sourdough, Avo, Cherry Tomatoes, Fresh herbs, Poached Egg + Beetroot & Cumin Hummus

Local Eggs on Toast | GFO | \$13.5

2 Eggs - Poached, Scrambled or fried On 48 Hour Fermented Sourdough

Add Your Favourite Sides!

Big Brekkie | VG | \$24

Eggs your way, Bacon, Mushies, Grilled Tomato, Potato Bravas + Sourdough

Make it Vegan - swap eggs + bacon for Avo + Fritters.

SIDES

Bacon - Smoked Salmon | \$6

Corn Fritter - Twice Cooked Mushrooms | \$5

Grilled Tomato - Wilted Spinach - Avocado | \$4

Extra Egg - Hollandaise | \$4



10% price increase on weekends and public holidays



L U N C H M E N U (F R O M 1 2 P M)

King Caesars Bowl | GFO | \$21

Crisp Greens, Bacon Crumbs, sourdough Croutons, Poached Free Range Chicken, Soft Boiled Egg & Parmesan Aioli
Add Double Chicken +6

Fish Bowl | GF | \$21

Smoked Salmon, Crisp Greens, Slaw, Raddish, Pickled Red Onion, Edamame, Wasabi Peas & Asian Lime Dressing
Add Avo +4

Soba Noodle Slaw | GF + VG | \$21

Crisp Slaw, Soba Noodles, Edamame, Pan Fried Mushies, Fried Shallots, Pickled Ginger & Fresh Herbs + Ginger, Miso & Sesame dressing

Lunch Time Fritters | VG + GF | \$19

Pumpkin corn and kale fritters, Seasonal Salad & House Relish

Thai Style Chicken Ball | GF | \$19.5

Thai Chicken Ball, Seasonal Salad & Chilli Jam

Roast Vegetable Frittata | GF | \$19

Frittata, Seasonal Salad & House relish

Foragers Bowl | VG + GF | \$19

Selection of Seasonal Salad, Green Goddess Dressing & Toasted Soy Seeds
Add Chicken or Salmon + 6

Beef Burger | GFO | \$24

150g Beef Patty, Caramelised onion, Cheddar Cheese, Smokey BBQ Sauce & Aioli + Fries and ketchup
Add Bacon +6

Peanut Tofu Burger | VG | GFO | \$23

Crispy Tofu, Avocado, Sprouts, Crisp Seasonal Veg w/ Peanut Sauce + Fries and Ketchup
Add Fried Egg +4

Satay Chicken Wrap | \$16

Satay Sauce, Chicken, Avocado + Crisp Salad
add fries + 3

Roasted Veg & Pesto Wrap | VG | \$15

Roasted Pumpkin, Eggplant, Capsicum & Zucchini + Baby Spinach and house made pesto
add fries + 3