

CHILLI CRAB SCRAMBLE (D, GF-A, DF-A)

CREAMY SCRAMBLED EGGS ON TOASTED SOURDOUGH WITH BLUE SWIMMER CRAB, XO SAUCE, HOUSE-MADE CHILLI OIL, CRISPY SHALLOTS & FRESH CHILLI

TRUFFLE MUSHROOMS (V, GF-A, DF-A)

TOASTED SOURDOUGH LAYERED WITH TRUFFLE MUSHROOMS, POACHED EGGS, ROCKET, PARMESAN & A DRIZZLE OF TRUFFLE OIL.

EGGS BENNY (D, V, GF-A)

TWO POACHED EGGS ON A BED OF SAUTÉED SPINACH SERVED W/ TOASTED SOURDOUGH & TOPPED WITH RICH HOLLANDAISE SAUCE

ADD: SALMON \$7 / BACON \$6

HOUSE-MADE GRANOLA (VG, DF, N)

HONEY ROASTED OATS, NUTS & SEEDS W/
COCONUT YOGHURT, FRUIT COMPOTE, FRESH
SEASONAL FRUIT & CANADIAN MAPLE SYRUP

HARVEST OATS (V, D, N)

SLOW-COOKED OATS WITH MILK, TOPPED WITH REHYDRATED PRUNES, SEASONAL FRUIT & A SPRINKLE OF DRIED FRUIT

TOASTED ARTISAN BREAD

TWO SLICES OF BREAD W/ BUTTER & PRESERVE SOURDOUGH / SOY LINSEED / FRUIT TOAST ADD: GLUTEN-FREE BREAD \$2

EGGS YOUR WAY ON TOAST (V, GF-A, DF-A)

POACHED, SCRAMBLED OR FRIED

SMASHED AVO (D, N, GF-A, VG-A,)

SMASHED AVOCADO ON SOURDOUGH, TOPPED WITH CHERRY TOMATOES, A SPRINKLE OF DUKKAH, CREAMY RICOTTA & OUR SIGNATURE HOUSE CHILLI OIL

ADD: POACHED EGG \$3 / BACON \$6

BAKED SHAKSHUKA (GF-A, V, VG-A)

BAKED EGGS IN A HOUSE-MADE TOMATO
BLEND WITH RED CAPSICUM, SPANISH ONION,
SPINACH, CORIANDER & CHILLI FLAKES.
SERVED WITH THICK-CUT SOURDOUGH.
ADD: CHORIZO \$6

18

23

26

19

14

16

SAFFRON OMELETTE (

GOLDEN SAFFRON OMELETTE LOADED WITH MUSHROOMS, KALE SLAW & SPRING ONIONS, TOPPED WITH PARMESAN TUILE, SAFFRON SAUCE, FRESH CHIVES & A SIDE OF THICK TOASTED

RIB & RISE (GF, D)

SOURDOUGH.

(V, D)

26

22

18

17

14

15

17

SLOW-COOKED BEEF SHORT RIB SERVED WITH CRISPY POTATOES, A SUNNY-SIDE EGG, CHARRED TOMATOES & FINISHED WITH A VELVETY BÉARNAISE SAUCE

BREAKFAST BURRITO

CRISPY BACON, FLUFFY SCRAMBLED EGGS, BLACK BEANS, SRIRACHA, HOUSE CHILLI & BABY SPINACH

HOUSE STACK

(N, D)

(DF-A, V-A)

GRILLED SAUSAGE PATTY AND FRIED EGG STACKED ON A TOASTED ENGLISH MUFFIN, FINISHED WITH 5L2F SPECIAL SAUCE & GRATED PARMESAN

BACON & EGG ROLL

(GF-A, DF-A)

CRISPY BACON, FRIED EGG, JAPANESE MAYO, SRIRACHA, SMOKEY BBQ SAUCE & GRATED PARMESAN ON A SESAME MILK BUN

ADD SIDES - TO ANY MAIN

AN EXTRA EGG \$3

FRESH AVO / SPINACH \$3

ROASTED TOMATOES / MUSHROOMS / KIMCHI \$4

AN EXTRA SLICE OF SOURDOUGH \$4

SMASHED CRISPY SPUDS \$5

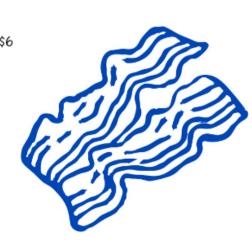
BACON / HALLOUMI / CHORIZO \$6

SMOKED SALMON \$7

SCRAMBLED (3) EGGS \$9

CHICKEN SOUVLAKI \$10

BARRAMUNDI FILLET \$12



GREEN NOURISH 17 TRIPLE B - BEEF BULGOGI BOWL 24 (V, DF, GF-A, VG-A) (DF) SAUTÉED GREENS ON SOURDOUGH TOPPED TENDER BEEF WITH MIXED GRAINS, AVO. W/ DUKKAH, SMASHED AVOCADO, A CHERRY TOMATOES, KIMCHI, CUCUMBER POACHED EGG & SALSA VERDE. & CABBAGE SLAW. TOPPED WITH FRIED SHALLOTS & A BOLD BULGOGI SAUCE. SOMETHING SMALL LEMON CHICKEN AVO SANDWICH 17 MOROCCAN BAKED PUMPKIN 22 (D, GF-A,) (D, DF-A) LEMON-INFUSED CHICKEN BREAST LAYERED W/ MOROCCAN-SPICED PUMPKIN WITH GRILLED CREAMY AVOCADO, TASTY CHEESE, JAPANESE HALLOUMI. COCONUT YOGURT, ROASTED MAYO & FRESH SALAD ON FRESH CIABATTA SPANISH ONION & TRUSS TOMATOES. FINISHED WITH A DRIZZLE OF HOUSE CHILLI OIL. **BRUNCH BRUSCHETTA** 15 (D, GF-A, DF-A,) CREAMY WHIPPED RICOTTA & TOASTED CHERRY THE SEASONAL BARRA 26 TOMATOES ON THICK SOURDOUGH, DRESSED (GF, DF) WITH VIBRANT SALSA VERDE & A BALSAMIC CRISPY SKIN BARRAMUNDI SERVED WITH GLAZE FINISH. HEARTY GRAINS, SAUTÉED GREENS, RADISH & A WARM CHERRY TOMATO VIERGE. **PERFECT PAIR** 14 (V, GF-A) CREAMY TOMATO SOUP SERVED WITH A THICK CALI POKE BOWL 25 OPEN CHEESE MELT TOASTIE (DF) PONZU-CURED SALMON ON A BED OF SUPER TOASTIE GRAINS, MIXED W/ CHERRY TOMATOES, EDAMAME, (GF-A) WAKAME, CUCUMBER, SMASHED AVOCADO & A ADD ANY OF THE FOLLOWING: HAM / CHEESE / POACHED EGG BACON / TOMATO **CROISSANT** KOREAN TACOS 22 ADD ANY OF THE FOLLOWING: HAM / CHEESE / (D, GF-A) TOMATO / JAM / BUTTER / NUTELLA JUICY PRAWNS WITH CRUNCHY CABBAGE SLAW & A SPICY GOCHUJANG CHILLI KICK, TOPPED WITH SUBJECT TO AVAILABILITY SMASHED AVOCADO, CHERRY TOMATOES & FRESH CORIANDER SERVED ON A WARM TORTILLA **SOMETHING SWEET BUTTERMILK RICOTTA HOTCAKES** CHICKEN FAJITAS (26 20 (D) (D, GF-A) SEASONAL FRUIT, BRÛLÉED BANANA, MIXED MARINATED SPICED CHICKEN W/ CRISP CABBAGE SLAW, CORIANDER, CRISPY BERRY COMPOTE, SEEDS, MASCARPONE CREAM & CANADIAN MAPLE SYRUP SHALLOTS, & OUR HOUSE-MADE PERI PERI SAUCE SERVED ON A WARM TORTILLA (BEST SHARED AFTER A MEAL ~PLEASE ALLOW 15 MINUTES) ADD: AVOCADO \$3 CHECK OUT OUR CAKE DISPLAY FEATURING A DELICIOUS THE SOUVLAKI 🥂 SELECTION OF CAKES, MINI MUFFINS AND OTHER GOODIES. 23 SUBJECT TO AVAILABILITY (GF, D, DF-A) SPICE-RUBBED CHICKEN BREAST SERVED W/ MIXED GRAINS, KALE, CHERRY VINE-ROASTED **V** = VEGETARIAN TOMATOES, CREAMY LABNEH, ZESTY PICKLED SHALLOTS, RICH EGGPLANT SALSA & CRISP RED **VG** = VEGAN RADISH **GF** = GLUTEN FREE **DF** = DAIRY FREE **CORN FRITTERS** 24 **D** = CONTAINS DAIRY (D, V, DF-A) **N** = CONTAINS NUTS GOLDEN TURMERIC-SPICED FRITTERS -A = AVAILABLE SERVED WITH HOUSE-MADE TOMATO RELISH. GRILLED HALLOUMI, SMASHED AVOCADO & **SIGNATURES** A POACHED EGG.

ADD: SALMON \$7 / BACON \$6