

BREAKFAST

(BREAKFAST AVAILABLE ALL DAY)

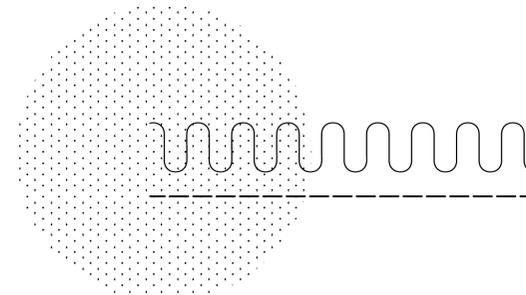
House-made crumpets with preserves	8.5
Spelt and rye crumpets with two kinds of house-made preserves and butter (V, Avail Vgn)	
Granola bowl	12.5
Macadamia buckwheat granola, natural yoghurt, and seasonal fruit with rhubarb compote (GF, V)	
+ <u>Substitute</u> our house-made coconut yoghurt (Vgn)	+2.5
Black Sesame Waffles	16.5
Maple roasted peaches, rhubarb compote, pistachio praline, spiced mascarpone and gingerbread syrup (V)	
Mushrooms and grits	16.5
Roasted mixed mushroom ragu, parmesan grits, smoked jalapeno chimichurri, house made corn chip. (GF, V; Available Vgn)	
+ <u>Add</u> poached free-range egg	+2.5
+ <u>Add</u> haloumi	+3.5
Breakfast greens	16.5
Poached egg, spinach, Asian greens, snow peas, lentil sprouts, quinoa, pickled carrot, toasted seeds, orange tarragon vinaigrette, fermented chili hot sauce (GF, V; available Vgn)	
+ <u>Add</u> avocado	+3.5
+ <u>Add</u> extra egg	+2.5
Eggs on toast	13
Poached free-range eggs on sourdough with Pickled Eggplant relish	
+ <u>Substitute</u> our house-made gluten free seed bread (GF)	+2.5
+ <u>Add</u> Caraway lemon sauerkraut/semi dried tomatoes/ hash browns (g/f)	+3 each
+ <u>Add</u> free-range ham / haloumi / avocado	+3.5 each
+ <u>Add</u> free-range bacon / mushroom ragu/ Venison Chorizo	+4 each
Salmon poke bowl	18.5
Beetroot cured salmon, wild rice, edamame beans, cucumber ribbons, sesame seeds, pickled onion, ponzu dressing	
+ <u>Add</u> house-made gluten free seed bread (GF)	+2.5
+ <u>Add</u> avocado	+3.5
Smashed avocado	14
Avocado on sourdough, pickled red onions, mizuna, micro herbs, and toasted tamari seeds with macadamia feta (Vgn)	
+ <u>Substitute</u> our house-made gluten free seed bread (GF)	+2.5
+ <u>Add</u> grilled haloumi	+3.5
+ <u>Add</u> poached free-range egg	+2.5
+ <u>Add</u> beetroot cured salmon	+5

LUNCH

Buddha Bowl	17
Kimchi, cucumber ribbons, sprouted lentils, wild rice, soft boiled egg, miso roasted zucchini, roast sesame yoghurt (GF, V)	
+ <u>Add</u> grilled pineapple	+1
+ <u>Add</u> lemongrass chicken	+4
Cheese 'n' Pickle Toastie (All day)	13.5
Mustard Zucchini pickles, smoked mozzarella parmesan-cruste focaccia, salad (V)	
+ <u>Add</u> honeyed pickled jalapeno	+1
+ <u>Add</u> free-range leg ham	+3.5
Pickle in the Middle sandwich	14
(Available from 11am)	
Italian pickled eggplant, green olive and cashew tapenade, roast pumpkin, beetroot, lettuce (Vgn)	
+ <u>Add</u> avocado	+3.5
+ <u>Add</u> free range leg ham	+3.5
Satay bowl	16.5
Soy-marinated tofu with spicy satay sauce, wild and brown rice mix, spiced grilled pineapple, pickled chili and coriander (GF, Vgn)	
+ <u>Add</u> soft-boiled free-range egg	+2.5

(SOMETHING EXTRA: BAKED GOODS)

Banana tahini loaf fresh or toasted	4.5
Salted Caramel Brownie (GF, Available Vgn)	4
Monte Carlo biscuit with seasonal jam	4.5
Whole wheat chocolate chip cookie	2.5



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