

House-made crumpets with preserves (V, avail Vgn) 12

Spelt & rye crumpet OR spiced fruit crumpet with two varieties of house-made preserves and butter

Granola bowl (GF, V, avail Vgn) 18

Macadamia buckwheat granola, yoghurt, and seasonal fruit with chia seeds, blueberry compote and toasted coconut

+ Substitute our house-made coconut yoghurt +2.6

Waffles (V) 22

Two waffles topped with vanilla mascarpone, chocolate sauce, glace cherries, marshmallows, toasted coconut flakes and biscuit crumble

Breakfast greens (GF, DF, V, avail Vgn) 23

Poached egg, fresh spinach and Asian greens, snow peas, lentil sprouts, wild rice & quinoa mix, pickled carrot and radish, toasted seeds, orange tarragon vinaigrette, fermented chili hot sauce

+ Add avocado +5

+ Add extra egg +4

Eggs on toast (V, DF, avail GF) 15.5

Poached free-range eggs on sourdough with Pickled Eggplant relish

+ Substitute our house-made gluten free seed bread (GF) +3

+ Substitute scrambled eggs +2.5

+ Add red sauerkraut/hash brown/sauteed spinach +3 each

+ Add avocado/roasted mushroom/baked beans +5 each

+ Add haloumi/bacon/chorizo +6.5 each

Beans on toast (V, avail GF) 22

Served on sourdough with two poached eggs, feta, snow pea tendrils and salsa verde

+ Add grilled chorizo +6.5

Eggs Benedict (avail V/GF) 22

House made English muffins topped with ham, soft poached eggs, orange scented hollandaise, side sauteed spinach

+ Substitute beetroot cured salmon +4

Smashed avocado (Vgn, avail GF) 23

Smashed avo on sourdough with pickled red onions, mixed lettuce, toasted tamari seeds, beetroot hummus, sticky balsamic drizzle

+ Substitute our house-made gluten free seed bread (GF) +3

+ Add grilled haloumi +6.5

+ Add poached free-range egg +4

Smashed pumpkin (V/avail GF) 23

Smashed roast pumpkin on toasted sourdough, honey roasted heirloom carrots, poached egg, toasted pine nuts, fried sage leaves, with a mind and feta yoghurt

+ Add grilled chicken +6.5

+ Substitute our house made gluten free seed bread (GF) +3



Seasonal soup (GF, Vgn) 14

Served with cornbread

Roast mushrooms in rosemary & garlic (GF, Vgn) 22

Roast mushrooms on fried cornbread with artichoke cream, sundried tomato relish, fried leek and balsamic reduction

+ Add grilled chorizo/chicken/bacon +6.5 each

+ Add poached egg +4

KFC Bowl (GF, Vgn) 22

Korean fried cauliflower served on crunchy Asian slaw and sambal greens, topped with miso aioli

+ Add grilled chicken +6.5

+ Add poached egg +4

Satay bowl (GF, Vgn) 24

Wild rice & quinoa mix, spiced coconut, grilled broccolini, soy grilled pineapple, pickled chilli, satay sauce, crisp shallot, grilled tofu, coriander

+ Add grilled chicken/chorizo +6.5 each

+ Add poached egg +4

Salmon poke bowl (DF; avail GF) 25

Beetroot cured salmon, rice, edamame beans, cucumber ribbons, sesame seeds, wakami, pickled onion and chili, ponzu dressing

+ Add poached egg +4

+ Add house made seed bread (GF) +3

+ Add avocado +5

Amigo bowl (Vgn/GF) 22

Mexican fried potato, smashed avo, pico de gallo, pickled turnip, cucumber, lime, white rice, black beans and corn chips with chipotle sauce

+ Add grilled chorizo/chicken +6.5 each

Pickle in the Middle sandwich (Vgn, avail GF) (avail after 11am) 17

Italian pickled eggplant, green olive and cashew tapenade, roast pumpkin, beetroot, lettuce (Vgn)

+ Add avocado +5

+ Add ham +4

Rueben (NOT available GF) 22

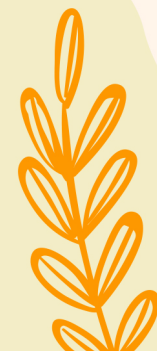
House made pastrami, red sauerkraut, smoked mozzarella, horseradish aioli. Grilled on sourdough rye.

Cheese 'n' pickle toastie (V, NOT available GF) 17

Mustard Zucchini pickles, smoked mozzarella, parmesan-crusting focaccia, side salad

+ Add pickled jalapeno +1

+ Add ham +4





Coffee (Five Senses)

Flat white, latte, cappuccino	4.8
Macchiato, piccolo	4.3
Short/long black	4.3
Extra shot, decaf	+0.7
Bonsoy, almond, coconut, lactose free, oat	+1
Large	+1
Vanilla/hazelnut/caramel syrup/honey	+0.5
Single origin pour over	6

Hot drinks

Hot chocolate (white or dark)	5.5
Gingerbread Caramel latte (no coffee)	5.5
Prana Chai loose-leaf chai (contains honey)	5.8
Zen Matcha	6.5

Tea for 1 / Tea for 2

Please ask for our current offerings 5 / 7

Cold brew

6

Iced latte

5.8

Double espresso, milk, ice	
- Substitute alternative milk	+1

Vietnamese iced coffee

7

Vietnamese coffee, condensed milk, ice

Iced Chai (unsweetened)

6.3

Liquid chai, milk, ice	
- Substitute alternative milk	+1

House-made kombucha

6.5

Available natural or with fruit soda

House-made fruit soda/iced tea

6

Ask for flavours

Lavender Lemonade

6

Turmeric tonic [served hot, cold or fizzy]

7.5

Turmeric, lemon, ginger, agave

Smoothies (Vgn)

9.5

Banana date: lime, house-made nut milk, cinnamon

Pina colada: strawberry, pineapple, banana, coconut milk

Blueberry muffin: blueberry, banana, oats, almond milk

Add Happy Way vegan vanilla protein powder +2

Cold press Juices

9.5

Red: Beetroot, apple, carrot, lemon, ginger

Tropical: Pineapple, passionfruit, orange

Orange: Turmeric, ginger, carrot, orange, lemon

Green: Kale, cucumber, celery, apple, lemon

Just Oranges: Fresh squeezed oranges

7

Espresso Martini

16

Espresso, Kahlua, honeycomb infused vodka

The Darling

16

Seasonal shrub, prosecco, rosé, rosewater

Pickled Mary

16

Tomato juice, lemon vodka, hot sauce, dill spear, lemon

WINE, BEER & CIDER

NV	Alpha Box & Dice Prosecco	12 / 40
2020	Shaw & Smith Sauvignon Blanc	14 / 44
2019	Hugo Rosé	12 / 40
2016	Hugo Shiraz	12 / 40
The Hills	Apple Cider 5%	10
Stone & Wood	Pacific Ale 4.4%	10
Hahn	Super Dry 4.6%	10

Public Holiday surcharge 15%
Menu alterations may incur a surcharge

