

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) 18.5

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) 22.5

Two house made waffles topped with passionfruit mascarpone, mango curd, fresh raspberries, toasted coconut and meringue kisses

Breakfast greens (GF, DF, V, avail Vgn) 23.5

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). 22.5

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

+ Add grilled chorizo +6.5

Eggs Benedict (avail V/GF) 22.5

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

+ Substitute beetroot cured salmon +4

Tom yum eggs (Avail GF and V) 22

Two poached eggs on sourdough with a tom yum hollandaise, crunchy broccoli and apple, radish and mint salad

+ Add grilled chorizo/bacon +6.5 each

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

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

Rice noodle salad (GF, avail Vgn) 22

Pan fried marinated eggplant, mushrooms and kale with pickled daikon, chili, peanuts, edamame and cabbage in a soy ginger dressing, topped with a soft boiled egg

+ Add grilled chorizo/chicken +6.5 each

+ Add avocado +5

Roast mushroom bruschetta (GF, Vgn) 22.5

Served on fried cornbread with sundried tomato hummus, truffle cashew cream, asparagus and a walnut rosemary crumb

+ Add grilled chorizo/chicken/bacon +6.5 each

+ Add poached egg +4

KFC Bowl (GF, Vgn) 22.5

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) 24.5

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) 25.5

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) 22.5

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) 17.5

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

+ Add avocado +5

+ Add ham +4

Rueben (NOT available GF) 22.5

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

Cheese 'n' pickle toastie (V, NOT available GF) 17.5

Mustard Zucchini pickles, smoked mozzarella, parmesan-crust ed 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

| | |
|-------------------------------|----|
| Double espresso, milk, ice | 6 |
| - Substitute alternative milk | +1 |

Vietnamese iced coffee

Vietnamese coffee, condensed milk, ice 7

Iced Chai (unsweetened)

| | |
|-------------------------------|-----|
| Liquid chai, milk, ice | 6.3 |
| - Substitute alternative milk | +1 |

House-made kombucha

Available natural or with fruit soda 6.5

House-made fruit soda/iced tea

Ask for flavours 6

Lavender Lemonade

6

Turmeric tonic [served hot, cold or fizzy]

Turmeric, lemon, ginger, agave 7.5

Iced Zen matcha

6.5

Iced strawberry Zen matcha

9

Strawberry jam, iced oat matcha, topped with coconut strawberry whip

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

Limoncello spritz

16

Limoncello, prosecco, soda

WINE, BEER & CIDER

| | | |
|--------------|------------------------------|---------|
| NV | Alpha Box & Dice Prosecco | 12 / 40 |
| 2022 | Shaw & Smith Sauvignon Blanc | 14 / 44 |
| 2024 | Hugo Rosé | 12 / 40 |
| 2022 | 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

