



ALL DAY MENU

BIRCHER MUESLI 6.50

Spiced oats, raw apple juice, coconut, yoghurt, fruit, nuts

HOUSEMADE GRANOLA 8.50

Fruit, honey Greek yoghurt, nuts & seeds, coconut milk

LOCAL EGG FRITTATA 4.75

Spinach, herb, onion + house made sauce

HAM & CHEESE CROISSANT 7.50

AVOCADO TOMATO TOAST 7.50

Basil, olive oil, marbled rye sourdough

LIFE-CHANGING TOASTS

Cream cheese & choice of house made preserve 7.50

Avocado, tomato, basil, olive oil 7.50

Steamed local eggs, avocado, Bomb sauce 9.75

SALADS

BREAKFAST SALAD 6.75/11.75

Steamed egg, avocado, tomato, spinach, capers, flourless nutty croutons, yoghurt ranch

BEEF SALAD 6.75/11.75

Shredded beet & carrot, cilantro, greens, berry balsamic, avocado, mixed nuts +/- feta

TURKEY SALAD 6.75/11.75

Turkey breast, greens, tomato, carrot, cucumber, avocado & yoghurt ranch

WRAPS

WHOLE WHEAT 8.50

VEGGIE FLAX WRAPS (GF) 9.75

Hummus veggie wrap - check specials board for details

Any of our salads (less croutons for egg salad)

ENGLISH MUFFINS

MUSHROOM & BRIE 5.75

Mozzarella, spinach, red onion, zucchini relish

THE CUBANO 6.50

Swiss cheese, mustard, garlic mayo, ham, pickle

SMOKED SALMON 6.75

Arugula, cream cheese, red onion, lime zest, capers

MARBLED RYE SOURDOUGH GRILLED CHEESE

TURKEY & BRIE 8.75

Mozzarella, spinach, red onion, sorrel hot pepper jelly

GRILLED VEGGIE 8.25

Mozzarella, spinach, grilled peppers, sundried tomato, house made preserve

REUBEN ROYALE 6.75/11.75

Swiss cheese, pastrami, sauerkraut remoulade, arugula, aubergine fig chutney