

Monday-Friday 7am - 2:30pm

Saturday 8am-2.00pm

WINTER OATS /15

Creamy coconut & cardamon oats, nut butter, berry compote & maple

BAKED UPRISING SPICED FRUIT & WALNUT SOURDOUGH/12

Orange marmalade & butter

WOW ROLL/15

Double bacon & egg turkish Roll w/housemade smokey bbq sauce Add cheese/+4 Add avo / +4

BREAKY OMELETTE /17.5

From the garden greens, red onion, feta & cheddar cheese w/local relish Add Sourdough/+2.5

EGGS YOUR WAY ON SOURDOUGH/12

Poached or Fried Scrambled/+2 Truffle Parmesan Scrambled/+4 Add Benny Sauce/+3 Add Bacon/ +6 Add Salmon/+7

CARAMELISED PEAR FRENCH TOAST /22

Cinnamon yoghurt, maple & praline Add Bacon/+6

MR BENNY/22.5

Pulled pork, siracha hollandaise & coriander on sourdough

SATURDAY 10% SURCHARGE APPLIES



Poached Eggs, whipped feta, herb salad, chilli oil & pickled onion, sourdough

AUTUMN TOAST/18

Mushroom, garlic yoghurt, za-atar spice & poached egg

HOUSE FAVOURITE "THE RUBEN"/19.5

Slow cooked corned beef, swiss cheese, sauerkraut, pickles, mustard mayo, thousand island dressing on grilled wholemeal

SOUP OF THE DAY/17

Chef seasonal soup of local and fresh produce. See daily board for more details

TOASTIE OF THE DAY/14

See daily board for more details

HOMESTYLE LASAGNE /18

Pea, spinach & parmesan

HARISSA CAULIFLOWER PLATE /22

Roasted eggplant, cripsy chickpeas, hommus, pomegrante & honey

HEALTHY GLOW BOWL /23

Roast pumpkin, sweet sprouts, feta & avocado, grilled chicken w/lemon balsamic dressing, almonds & hemp seeds

SEASONAL GRAZING PLATE FOR TWO/50

A selection of hunterbelle cheeses, quince paste, ham off the bone, corned beef, roasted olives, semi dried tomatoes, pickled zucchini's, house-made relishes, crusty ciabatta bread (Not available after 2pm)

