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BREAKFAST AVAILABLE ALL DAY

Build your own breakfast	
<i>Start with: bacon, eggs & sourdough toast</i>	\$10
Add: Bacon / Mushrooms / Tomato	
Hash Browns / Avocado / Chorizo	+\$3.50 each

Avocado & edamame on sourdough	\$11
<i>served with spring onions, sesame seeds & lemon</i>	
Granola with seasonal fresh fruits & sweetened Greek yoghurt	\$10
Shakshuka baked eggs with sourdough toast	\$12
Chia & tapioca breakfast bowl	\$10.50
<i>with coconut milk, topped with banana, seasonal berries & toasted coconut shards</i>	
Breakfast croissant	\$11
<i>stuffed with truffle scrambled eggs; chorizo & snow pea tendrils</i>	
Waffles	\$12
<i>topped with seasonal fruits and berries; vanilla ice cream & maple syrup</i>	
Breakfast roll	\$10
<i>with bacon, eggs, tomato relish & swiss cheese on a milk bun</i>	

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Assortment of freshly baked muffins and pastries available from the counter

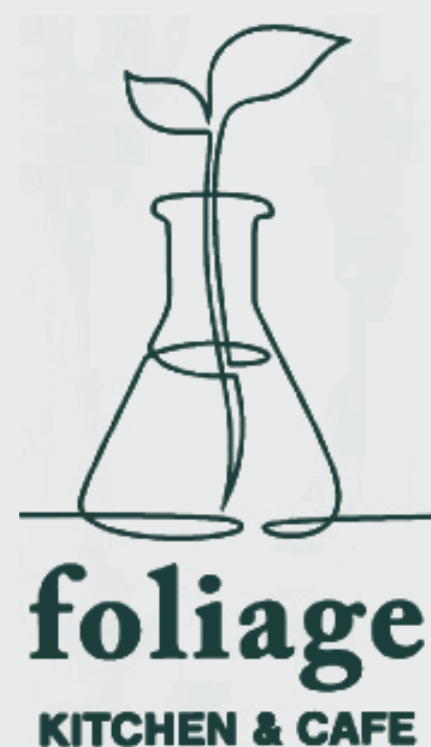
COUNTER MEALS AVAILABLE FROM 11.00AM – 2.30PM

Kaorage Chicken Burger	\$12.50
<i>served with rainbow slaw; wasabi aioli & chips</i>	
Angus Beef Burger	\$12.50
<i>served with tomato, pickles, burger sauce & chips</i>	
Falafel Wrap	\$10.50
<i>served with hummus, kale slaw and lemon juice</i>	
Chicken Schnitzel & chips	\$12.50
Fish & Chips	\$12.50
Regular Fries (Potato or Sweet Potato)	\$5
Large Fries (Potato or Sweet Potato)	\$9



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GRAB 'N' GO PRE-PACKED

Toasted ancient grain muesli <i>small batch yogurt, rhubarb, strawberry</i>	\$8.00
Carrot and celery sticks, tahini hummus	\$3.70
Cheese, crackers and grapes	\$6.60
Hard boiled egg, hazelnut dukkha	\$3.70

Selection of sandwiches \$7.00 - \$11.00

- Roasted chicken *bacon, iceberg, herb mayonaise*
- Roast beef *gribiche, cracker barrel and iceberg lettuce*
- Roast pumpkin *pesto and salad*
- Chicken schnitzel *swiss cheese and coleslaw*
- Smoked ham *rocket, green tomato relish, feta*

GRAB 'N' GO SALADS Eat in or takeaway

Classic Caesar Salad	\$9.00
Roasted sweet potato, <i>kale, chickpeas, curry sauce</i>	\$9.00
Miso Asian vegetable salad	\$9.20
<i>black rice, chilli, pistachio, toasted sesame dressing</i>	

GRAB 'N' GO SWEETS Eat in or takeaway

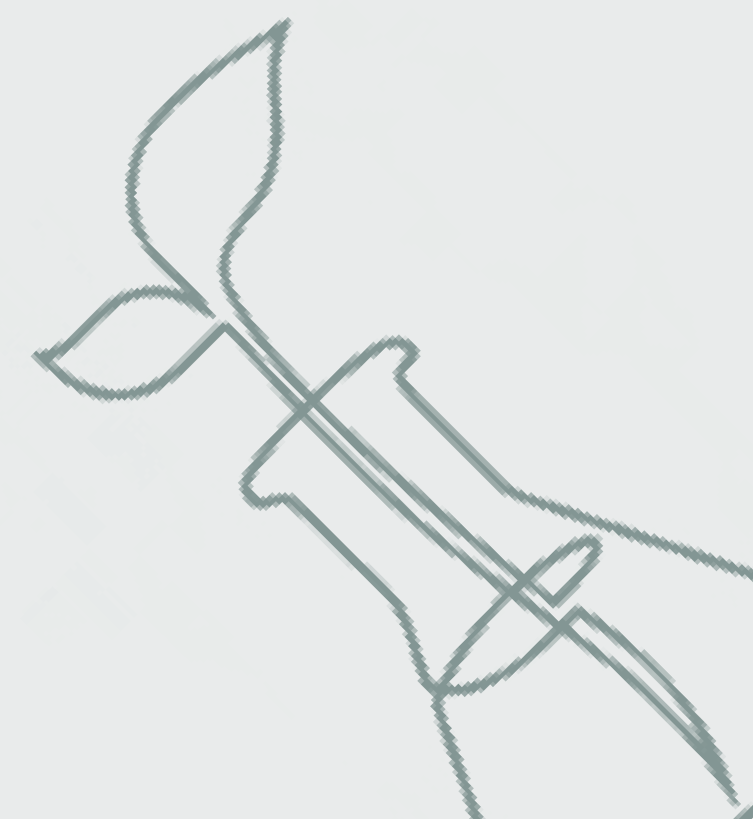
Lemon Slice <i>coconut and yoghurt</i>	\$4.30
Mini salted caramel donut	\$4.80
Chocolate & orange vegan slice	\$5.50

SUSHI & RICE PAPER ROLLS Twin packs, Eat in or takeaway

Salmon and avocado sushi roll	\$7.50
Teriyaki chicken sushi roll	\$7.50
Tofu & Cucumber sushi roll	\$7.50
Prawn and coriander rice paper roll	\$8.50
Chicken and basil rice paper roll	\$8.50
Duck & hoisin rice paper roll	\$8.50

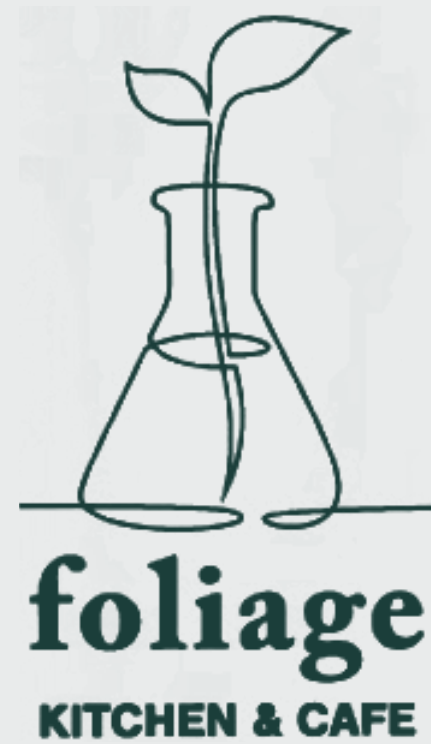
FRUIT SALAD & YOGURT POTS Eat in or takeaway

Fresh fruit salad pots	\$7.00
Yoghurt topped with fresh berry pot	\$6.50
Yoghurt with granola pot	\$6.50



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WEEKLY ROTATIONAL LUNCH MENU Served with either your choice of rice, vegetables, salad or chips

\$12.50

MONDAY

Lamb meatballs with spicy chickpea & sour tomato curry, charred greens

Beef bourguignon with button mushroom & parsley, lemon & garlic gremolata

Peri peri chicken tenders with roasted peppers & charred lemon

TUESDAY

Beef rendang with coriander & fresh ginger (LG,DF)

Red Thai chicken curry with snake beans, pumpkin & coconut cream (LG,DF)

Roasted porchetta with chilli sambal (LG, DF)

WEDNESDAY

Lamb tagine with sweet potato, dates & yoghurt (LG, DF)

Butter chicken (LG,DF)

Spanish style roasted chicken marylands spicy tomato, green olive & paprika sauce (LG, DF)

THURSDAY

Beef stroganoff with mushrooms, fresh dill & sour cream (LG)

Lamb rogan josh with roasted coconut & tomato salsa (LG,DF)

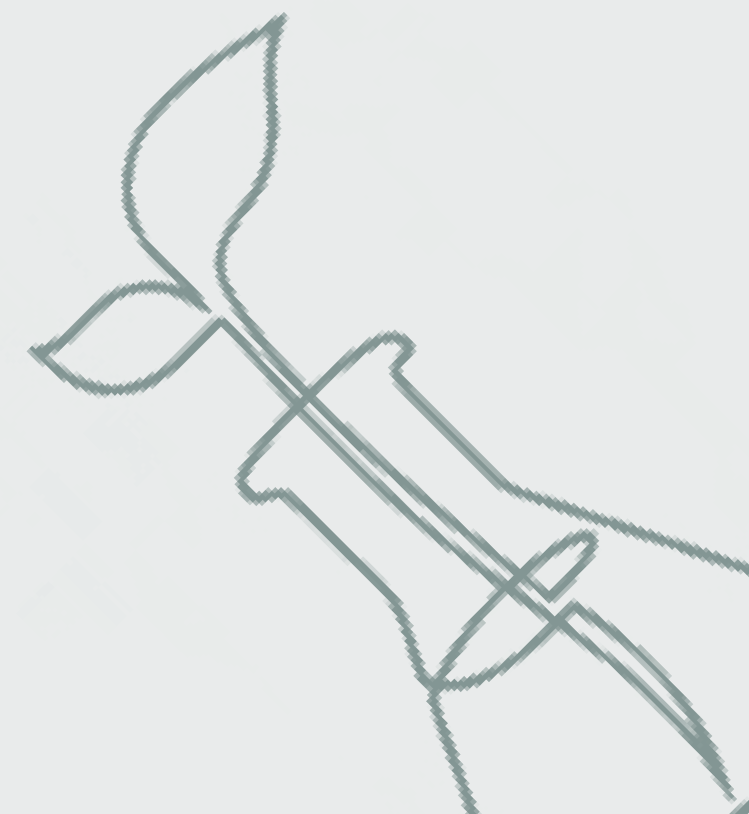
Pukka yellow chicken curry with yellow peppers, yoghurt & fragrant roasted cauliflower (LG)

FRIDAY

Green chicken coconut curry with lychees, lemongrass, kaffir lime leaves, sugar snaps & bok choy

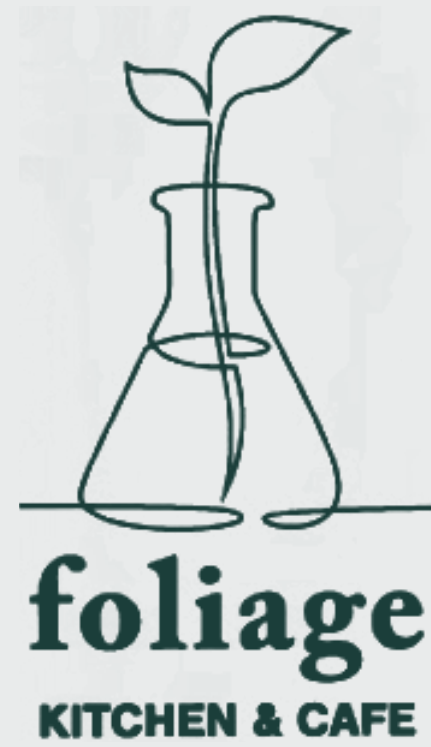
Roasted lamb sholder marinated in yoghurt & lemon (LG)

Roasted beef flank in romesco sauce with broccoli & pickled red onions (LG,DF,N)



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COLD DRINKS Eat in or takeaway

Iced coffee	\$5.10
Selection of soft drinks cans	\$2.50
Selection of soft drinks bottles	\$4.60
Selection of cold press juices	\$6.90
Selection of kombucha	\$6.00
Home made ice tea	\$6.00

SMOOTHIES Eat in or takeaway **\$7.50 EACH**

- Banana - *banana, honey, yogurt, milk*
- Mango- smoothie *mango, banana, yogurt, milk*
- Berries - *mixed berries. banana, yogurt, milk*
- Green - *spinach, celery, avocado, apple, banana, coconut*

INDULGENT SHAKES Eat in or takeaway **\$7.50 EACH**

- Belgian Dark Chocolate
- Cookies and Cream
- Nutella Chocolate and Hazelnut

FRESH JUICE Eat in or takeaway **\$7.50 EACH**

- Ginger Ninja - *orange, carrot & turmeric*
- Hydrate - *cucumber, watermelon, apple & spirulina*
- Green - *celery, kale, apple & cucumber*
- Tropical - *pineapple, lemon & orange*

HOT DRINKS Eat in or takeaway

Coffee: small	\$4.20
Coffee: large	\$4.80
<i>cappuccino / flat white / long black / latte / chai latte / hot chocolate / mocha</i>	
Extras	\$0.50
<i>decaf / soy milk / almond milk / lactose free / hazelnut syrup / vanilla syrup / caramel syrup / extra shot</i>	
Selection of Tea	\$4.20
<i>English Breakfast / Earl Grey / Peppermint / Green tea</i>	

