



# Breakfast Menu

Gluten free options available

## Simple

Banana Bread/Mango & Coconut Bread w/ mascapone & maple syrup	5.6	8.9
Toast served w/ vegemite/peanut butter/jam white/multigrain	1 slice	4.6
	2 slices	5.9
sourdough rye	1 slice	5.6
	2 slices	6.9
Simple Raisin Toast	1 slice	2.5
	2 slices	3.9
Deluxe Sourdough Fruit Loaf	1 slice	3.5
	2 slices	5.9
Ham & Cheese Toasty		7.9
Ham & Cheese Croissant		7.9
Bacon & Egg Wrap		9.9

## Light & Yummy

Provolone cheese, hummus & truffle oil toasty	9.9
Berry & Granola Bowl	13.9
Berry compote, seasonal fruit, yoghurt, granola w/ a dash of cinnamon & honey	
Açaí Bowl	17.9
Blended Açaí, granola, desiccated coconut topped w/ seasonal fruits & condensed milk	
Smashed Avo	12.9
w/ fetta, cherry tomatoes & dukkah on sourdough rye toast	18.9
Double the serving	3.5 ea
Add an egg/halloumi	

Portobello Roll	13.9
Portobello mushroom, onion, leafy greens with green mayo or pesto	

## Breakfast Faves

Bacon & Egg Roll	7.9
add two cheeses/double bacon/avo	2.9 ea
Deluxe Bacon & Egg Roll	12.9
double bacon, 2 eggs, green leaves w pesto & green mayo	
Ham, Cheese & Tomato Toasty	8.5
Brekkie Toasty	8.9
ham, egg, cheese & special sauce	
Bacon & Cheesy Scrambled Eggs on Toast	15.9
served on 2 slices of sourdough rye toast with tomato relish	

## Super Hungry?

**Omelettes** - spring onion, capsicum, mozzarella & provolone cheese laced in garlic butter served on 2 slices of sourdough rye w/ tomato relish

Ham & 2 Cheese	25.9
Chorizo Salami	26.9
Chicken & Fetta	26.9
Portobello Mushroom & Onion	26.9
Big Breakfast	28.9
Chorizo salami, bacon, scrambled eggs, haloumi, sautéed garlic spinach, 2 slices of sourdough rye toast with tomato relish	
Portobello mushroom, sunnyside up egg, sautéed garlic spinach & onion served on 2 slices of sourdough rye/gluten free toast	20.9

yum yum



### Açaí Bowl

Blended Açaí, granola, desiccated coconut topped w/ seasonal fruits & condensed milk

**17<sup>90</sup>**

## Kids Menu

Nutella Toasty	4.9
Cheese Toasty	5.9
Croissant with Nutella/cheese	7.9
Banana Bread	10.9
served with ice cream & maple syrup	
Cheesy Potato Gems	8.9
Yoghurt, mixed berry compote & honey	9.9
Croffle (Croissant X Waffle)	14.9
served with ice cream & maple syrup	



### Tradie Spesh

Brekkie toasty w/ large coffee

**11<sup>90</sup>**

### Ham & 2 Cheese Omelette

Served with 2 slices of sourdough rye toast

**25<sup>90</sup>**





# Lunch Menu

Gluten free options available

## Simple

### Toasted Sandwiches

- White/Multi-Grain | Sourdough Rye/GF add 1.5
- Ham, Cheese & Tomato 9.9
- Bacon, Leaves, Avo & Tomato (B.L.A.T) 12.9
- Chicken, Green Mayo & Cheese Salad 10.9
- Salad 9.9  
(carrot, tomato, cucumber, onion & green leaves)
- Any choice of sauce - bbq, tomato, HP, chilli, sweet chilli, mayo, green Mayo
- Toasted Pizza Bap 8.9  
chorizo salami, mozzarella & provolone cheese w/ pizza sauce
- Provolone, Hummus & Truffle Oil Toasty 9.9
- Waffles w/ Choc Fudge & Ice Cream 12.9



**Vietnamese Style Roll**  
Chicken or Pork  
**12<sup>90</sup>**

## Light & Yummy

- Portobello Mushroom Roll w/ onion, leafy greens & green mayo/pesto 13.9
- Smashed Avo w/ fetta, dukkah & cherry tomatoes on sourdough rye 12.9
- double the serving 18.9
- Add an egg/halloumi 3.5 ea
- Açaí Bowl - blended açaí, granola, desiccated coconut topped w/ seasonal fruits & condensed milk 17.9

### Salads

- Mixed salad, dukkah & housemade dressing..... Delish!
- Avocado & Fetta 18.9
- Chicken & Avocado 20.9
- Turkey Breast & Provolone 22.9

## Lunch Faves

- The Reubs Sandwich 14.9  
pastrami, sauerkraut, pickles, cheese & russian dressing
- Chicken Deluxe Sandwich 12.9  
chicken breast, leafy greens, tomato, onion with your choice of green mayo or pesto
- Turkey Breast Sandwich 13.9  
turkey breast, provolone cheese, leafy greens, tomato & green mayo Add avo for 2.9
- Vietnamese Style Roll 12.9  
your choice of chicken or pork, pate, carrot, leafy greens, tomato with special sauce
- Loaded Potato Gems w/ 3 cheeses & bacon 17.9
- Pulled Pork Nachos or Vego Nachos w/ guac 22.9  
tortilla chips, 3 beans, with melted 2 cheeses & tomato salsa
- Chicken schnitzel, salad & cheesy potato gems 23.9
- Make it a parmi 28.9

## All-Day Faves

- Bacon & Egg Roll 7.9  
add two cheeses/double bacon/avo 2.9 ea
- Deluxe Bacon & Egg Roll 12.9  
double bacon, 2 eggs, mixed leaves w pesto & green mayo
- All Day Brekkie Toasty - ham, egg, cheese & special sauce 8.9
- Bacon & Cheesy Scrambled Eggs on Toast 15.9  
served on 2 slices of sourdough rye toast w/ tomato relish
- All Day Big Breakfast 28.9  
chorizo salami, bacon, scrambled eggs, haloumi, sautéed garlic spinach, 2 slices of sourdough rye toast with tomato relish

yummy



**Avocado & Fetta Salad**  
mixed salad, dukkah & housemade dressing  
**18<sup>90</sup>**

## Wraps

- Falafel wrap w/ hommus, leafy greens, onion and tomato 13.9
- Salad wrap - mixed salad with your choice of hommus/green mayo 10.9
- Chicken wrap w/ chicken breast, salads, onion and tomato & green mayo 12.9
- Turkey wrap w/ turkey breast, leafy greens, onion and tomato & green mayo 14.9

## Kids Menu

- Ham & Cheese Toasty or Croissant 7.9
- Croissant with Nutella/Cheese 7.9
- Banana Bread 10.9  
served with ice cream & maple syrup
- Cheesy Potato Gems 9.9
- Yoghurt, mixed berry compote & honey 9.9
- Croffle (Croissant X Waffle) 14.9  
served with ice cream & maple syrup

## THE MORTY

A mountain of mortadella, provolone, mozzarella & dijon mustard  
**14<sup>90</sup>**



# Drinks Menu

## Hot Drinks

	R	L	XL
Cappuccino/flat white/latte	4.5	5.0	5.5
Mocha with marshmallows	5.0	5.5	6.0
Hot Chocolate with marshmallows	4.8	5.2	5.8
Long black	4.2	4.6	5.0
Chai latte	4.8	5.4	6.0
Dirty chai	5.2	5.6	6.2

Espresso	4.0
Macchiato	4.2
Piccolo	4.2
Babyccino	1.5
Pot of tea	4.0
Loose leaf	5.5
Brewed chai tea	5.5

**Extras 0.6**

Extra shot	
Milk - soy, almond, oat or lactose free	
Syrups - vanilla, caramel or hazelnut	

## Cold Drinks

Iced long black	4.5
Iced latte	5.2
Iced frappe	6.9
coffee, choc, vanilla, caramel, strawberry or banana	
Vietnamese iced coffee	6.9
Iced chai latte/iced dirty chai	6.9
Iced coffee/iced mocha/iced choc	7.9
served with ice cream & whipped cream	
Milkshakes	6.9
choc, vanilla, caramel, strawberry or banana	
Smoothies	8.9
mixed berry, mango, banana or Acai	
Protein blast	10.9
Your flavour of smoothie with a blast of protein powder	
Selected cans and bottles	from 3.0

## Smoothies

Mixed Berry, Mango, Banana or Acai

**8<sup>90</sup>**



## Specialties

Ultimate Nutella milkshakes	9.9
Crazy shake	9.9
Oreo, Strawberry Cheesecake or Shortbread Cream	
Fresh orange juice	8.9
Fresh juice	8.9
<i>your choice of:</i>	
apple, carrot, celery, beetroot, cucumber & ginger	
Affogato	7.9
two shots of espresso served over a scoop of ice cream	

Fresh Orange Juice  
**8<sup>90</sup>**

