

### all day breakfast.

Our seedy, nutty granola w pourover spiced banana smoothie .....	\$12
Bircher / Porridge with cherries and berries .....	\$8.50
Vanilla rice pudding, peach melba .....	\$8.50
Toast and spreads (seeded) .....	\$5
Fruit loaf, Brioche, Black Ruby gluten free bread .....	\$6
Poached free range eggs on toast .....	\$9
Grilled Mersey Valley cheese w tomato chutney on seeded bread / <b>w eggs</b> .....	\$9.50 / \$13.50
Smashed avocado with sour cream and chilli oil (side) on toast / <b>w eggs</b> .....	\$9.50 / \$13.50
Citrus cured salmon, potato + pea salad, herbs, cucumber with home made labne / <b>w eggs</b> .....	\$14 / \$18
Corn in brown butter, mixed grains, green apple, cucumber, with yoghurt and mustardy leaves / <b>w eggs</b> .....	\$14 / \$18

<b>Breakfast of Champions</b> .....	\$18
bacon, poached eggs, chorizo beans, meatballs, rosemary mushrooms and toast	

### sides.

chorizo beans, smashed avocado, rosemary mushrooms, beetroot relish, yoghurt, sriracha coleslaw .....	\$3
thick cut bacon, meatballs, corn .....	\$4
extra egg, toast, tomato relish, yoghurt .....	\$2.50
cured salmon, .....	\$5
gluten free bread, chilli oil .....	\$1

### sandwiches.

Meatballs, smokey sauce, swiss cheese, rocket salad, on a turkish bread .....	\$9.50
Mersey valley cheese, carrot, avocado, beetroot relish, leaves .....	\$8.50
Roast chicken, avocado, home made mayonnaise, seeded bread .....	\$9.50
Classic egg, home made mayonnaise, herbs, cos lettuce, seeded bread .....	\$8.50
Bacon and egg sanga with tomato relish and aioli .....	\$10
Pork Belly roll with apple coleslaw and sriracha mayo .....	\$12

### kids.

Kids ham and cheese toastie .....	\$4.50
Toast soldiers and one egg .....	\$4.50
Kids meatballs with flatbread .....	\$4.50
Kids OJ / Chocolate milk .....	\$2.50

### drinks.

Five Senses 24.7 blend black / <b>with milk</b> .....	\$3.00 / \$3.50
Specialty teas .....	\$4
english breakfast, earl grey, peppermint, chamomile, green, homemade chai	
chai latte / hot chocolate .....	\$3.50
mocha / spiced hot chocolate .....	\$4.00
ice chocolate / coffee / chai .....	\$4.50
soy milk extra, strong, decaf .....	\$0.50
glass of Nudie OJ .....	\$3.50
mineral water .....	\$3.50

### home made.

Ice Tea with lemongrass + mint <b>420ml jar</b> .....	\$4.50
Strawberry + lime spritzer <b>420ml jar</b> .....	\$4.50
Fruit punch with pineapple, ginger, mint <b>420ml jar</b> .....	\$4.50

