



ALL DAY BREAKFAST

TOASTED 6.5

Choice of seeded/sourdough, Gluten Free or Fruit Loaf (add 1.0), house made preserves, peanut butter/vegemite

CHAI PORRIDGE VGO 9.5

Oat porridge with chai infused milk served with cinnamon & seasonal fruit

RICE PUDDING GFO 9.5

Coconut rice pudding served with sliced banana & salted caramel sauce

DR MARTY'S CRUMPETS 10.0

Fresh Dr Marty's Crumpets with whipped ricotta & seasonal fruit

WILLOW THE FRENCHIE GFO 14.5

French toast served with bacon, maple syrup & seasonal fruit

EGGS TWO WAYS GFO 9.5/10.5

Free range eggs, poached/scrambled served with toast

CHILLI EGGS GFO 15.5

Scrambled chilli eggs served with feta & herb salad on toast

BAKED EGGS GFO 14.0

Spicy Moroccan beans topped with baked eggs, yoghurt & toast

THE SHILOH SMASH VGO GFO 14.5

Smashed avocado served on toast, Danish feta, fresh herbs & chilli oil (add egg 2.5)

SIR BASILS BAGEL 16.5

Smoked salmon filled bagel with Spanish onion, mascarpone & capers

RUBY ROSE PANCAKES 15.5

Fluffy buttermilk pancakes, rhubarb & pear compote, rosewater infused mascarpone & pistachios

EGGS BENNY VO GFO 17.5

Poached eggs, braised ham hock, apple cider hollandaise served on Dr Marty's crumpets

THE BOWER GFO 21.0

Fat bacon, pork & fennel sausage, rosemary mushrooms, roasted tomato, moroccan beans with poached or scrambled eggs with toast

A BIT ON THE SIDE

Fat bacon/pork & fennel sausage/smashed avocado/smoked salmon 5.0

Rosemary mushrooms/Moroccan beans/chickpea & chard stew 4.0

Roasted tomato/beetroot relish/sriracha coleslaw 3.0

Extra egg/feta/toast (1)/house made tomato chutney 2.5

Hollandaise/labna/chilli oil 2.0

10% SURCHARGE ON ALL PUBLIC HOLIDAYS

Cakes & Treats

ARE MADE IN HOUSE AND DISPLAYED IN THE FRONT CABINET

Delicious

BREADS, JAMS & CHUTNEYS AVAILABLE FOR PURCHASE AT THE FRONT

GFO

VO

VGO

GLUTEN FREE OPTION

VEGETARIAN OPTION

VEGAN OPTION



Lady Bower

LUNCH FROM 11AM

SOUP OF THE DAY 11.5

A delicious bowl of our house made soup of the day served with bread

SLOW BRAISED BEEF 21.5

Slowly braised beef brisket served with slaw & garlic toast

CARAMALISED CAULIFLOWER 15.0

Caramalised cauliflower salad with mixed grains, toasted sesame, green apple, cucumber, house made labna & mixed greens (add egg 2.5)

STEAK SANDWICH 16.0

Steak sandwich, caramalised onion, cos lettuce, aioli & tomato chutney (add cheese 2.5) (add beet 3.0)

CHICKPEA STEW **VGO** 15.0

Chickpea stew, chard, roast pumpkin, activated almonds & cumin labna (add egg & hazelnut vinaigrette 3.0)

SANDWICHES

VEGE SANDWICH **VGO** 10.5

Roast pumpkin, caramelised onion, feta, beetroot relish & mixed herb salad

POACHED CHICKEN SANDWICH 11.5

Poached chicken, avocado, house made mayonnaise & mixed leaves

BRAT SANDWICH 12.5

Crispy bacon, rocket, avocado, tomato & house made mayonnaise

BACON & EGG SANDWICH 12.5

Bacon & egg sanga, house made tomato chutney & aioli

PORK BELLY ROLL 13.5

Braised pork belly roll, apple coleslaw & sriracha mayo

GLUTEN FREE BREAD 1.0

LITTLE HUMANS

TOASTIE **GFO** 5.0

Ham & cheese toastie with fresh bread

EGG SOLDIERS **GFO** 5.0

Hard boiled egg with fresh toasted bread soldiers

CRUMPETS 5.0

Dr Marty's crumpets with honey or jam

PANCAKES 5.0

Fresh made pancakes with jam or maple syrup

LITTLE DRINKS 2.5

Orange juice or chocolate milk

DRINKS

Five Senses 24.7 blend black (add milk 0.5) 3.5

Soy/almond milk/strong/decaf options 0.5

House made chai latte/hot chocolate 4.0

Mocha/Spice hot chocolate 4.5

Teas: earl grey, peppermint, chamomile, green 4.0

Iced choc/coffee/chai 6.0

Organic orange juice 4.5

Mineral water 3.5

HOUSE MADE DRINKS - 420ml jar

Hand shaken milkshakes: salted caramel or lamington 6.0

Lychee/Rhubarb & cranberry spritzer 6.0

Fruit punch with pineapple, ginger & mint 6.0

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High Tea & Catering

NOW AVAILABLE AT LADY BOWER