

## BRUNCHING

Sourdough toast, butter & homemade jams	<b>8.0</b>	GFO
Fruit toast with butter	<b>8.0</b>	GFO
House made vegan banana bread, cinnamon & maple vegan butter	<b>8.5</b>	VG
Almond porridge with salted caramel & banana	<b>13.5</b>	VG
Coconut rice pudding - berry compote & toasted almonds	<b>14.5</b>	GF VG
Housemade Granola - toasted oats, berries, nuts with yoghurt panna cotta & mango	<b>15.5</b>	
Croissant french toast, caramelised apple & raisins with lemon curd	<b>17.0</b>	
Ricotta pancake, rose water mascarpone, toasted pistachio & berries <i>(allow 15 mins)</i>	<b>18.0</b>	
Free range eggs on sourdough toast - poached, scrambled or fried	<b>12.0</b>	GFO
<i>add bacon / avocado / hash</i>	<b>5.5</b>	
Chilli & feta scrambled eggs on sourdough toast	<b>17.5</b>	GFO
<i>add bacon / hash</i>	<b>5.5</b>	
Baked Eggs - chickpea, tomato, feta & free range eggs with housemade focaccia	<b>18.5</b>	GFO
Smashed peas, mint & basil, halloumi & poached eggs on sourdough toast	<b>19.0</b>	GFO
<i>add bacon / hash</i>	<b>5.5</b>	
Eggs Benny - braised pork hock, poached eggs & housemade horseradish hollandaise on a sourdough crumpet	<b>21.5</b>	
The Bower - bacon, poached eggs, pork & fennel sausage, spinach, mushroom, sourdough toast	<b>25.5</b>	GFO
<i>add tomato</i>	<b>4.0</b>	
<i>add avocado / hash</i>	<b>5.5</b>	

# Lady Bower FOOD

Roast cauliflower salad with quinoa, green apple, cucumber, toasted sesame & labna dressing	<b>16.5</b>	GF
<i>add egg</i>	<b>3.0</b>	
Salmon Bowl - hot smoked salmon, poached egg, black rice, avocado, sweet potato, hummus & greens	<b>19.5</b>	GF
<i>add egg</i>	<b>3.0</b>	

## TOASTIES

*All of our toasties can be prepared gluten free*

Cheese & tomato	<b>8.5</b>	
Ham, cheese, tomato & onion	<b>10.5</b>	
Ham, cheese & pineapple	<b>10.5</b>	
Chicken, cheese & avocado	<b>14.5</b>	
Fried egg, bacon & tomato sauce	<b>14.5</b>	
Mushroom, avocado, onion, vegan cheese & hummus	<b>14.5</b>	VG

**Lady Bower proudly serves only free-range meat**

**GF: Gluten Free GFO: Gluten Free Option VG: Vegan**

*Love our housemade jams & chutneys?  
They are all available to buy, take home & enjoy...*

## SANDWICHES

*All of our sandwiches can be prepared gluten free*

Sanga - free range bacon, scrambled egg, aioli, tomato chutney on ciabatta roll	<b>14.5</b>
Chicken Sandwich - avocado, mayo & mixed leaves on sourdough	<b>14.5</b>
Avocado, chilli corn salsa & fried halloumi on a brioche roll	<b>14.5</b>
Roast Pork Belly Roll - cucumber, carrot, coriander, house brown sauce on ciabatta roll	<b>17.0</b>

## LITTLE HUMANS

Ham & cheese toasted sandwich	<b>6.5</b>
Egg on toast	<b>7.0</b>
Soft boiled egg & soldiers	<b>7.0</b>
Fruit salad with yoghurt - <i>seasonal</i>	<b>7.5</b>
Pancake with maple syrup <i>(allow 15 mins)</i>	<b>9.5</b>
<i>add ice cream</i>	<b>1.5</b>
Pasta Napoli	<b>9.5</b>
Chicken nuggets & chips	<b>9.5</b>

## SIDES

Chilli oil	<b>1.5</b>
Extra slice of sourdough toast Hollandaise / Brown sauce	<b>2.5</b>
Poached egg / Fried egg / Spinach Tomato chutney / Feta	<b>3.0</b>
Mushrooms / Roast tomato	<b>4.0</b>
Fries with rosemary aioli	<b>5.0</b>
Avocado / Smoked salmon / Hash Scrambled egg / Thin bacon / Fat bacon Pork & fennel sausage / Halloumi	<b>5.5</b>

## JUICES

Apple / Orange / Pineapple **6.0**

## HOUSEMADE SODAS

Lychee Spritzer - pink grapefruit, soda, lychee & mint **7.0**

Fruit Punch - pineapple, ginger beer, mint & fruit

## FIZZIES

SOMERSAULT ORGANIC SODA **4.5**

Limemonade / Pink Grapefruit & Ginger

San Pellegrino mineral water **4.5**

## KOMBUCHA - TWO BOYS BREW

Silk Road - ginger, lemon myrtle, cinnamon & clove **5.5**

French Kiss - hibiscus, chamomile, lavender & vanilla

## MILKSHAKES

Chocolate / Strawberry / Vanilla / Salted Caramel **8.0**

*add malt* **0.5**

*add extra ice cream* **1.5**

## SMOOTHIES

Kale, lemon, ginger & pineapple juice **8.5**

Berries, yoghurt, honey & milk

Banana, cinnamon, honey, yoghurt & milk

*add coconut yoghurt / protein powder* **1.0**

## ICED DRINKS (Ice cream based)

Iced Chai / Iced Chocolate **7.0**

Iced Coffee / Iced Mocha

# Lady Bower DRINKS

## TEAS BY TEA HARVEST

BLACK LEAF TEAS: **4.5**

English Breakfast

French Earl Grey - Sri Lankan black tea, rose, cornflower petals

GREEN LEAF TEAS: **4.5**

Phoenix Green - organic Chinese green tea

Japanese Dew - Japanese green tea, calendula, rose & cornflower blossoms

HERBAL BLENDS: **4.5**

Lemongrass & Ginger

Peppermint & Liquorice

SPICE BLENDS: (RETAIL ONLY)

Chapel Chai - Sri Lankan black tea, anise, fennel, cinnamon, cardamom, nutmeg, clove & ginger

*Love our teas? All our teas are available to take home & enjoy a slow brew...*

## COFFEE BY 5 SENSES (24/7 BLEND)

Black **3.7 / 4.2**

Milk **4.2 / 4.7**

Mocha **4.7 / 5.2**

Affogato **5.2**

Chai Latte (housemade) **4.2 / 4.7**

Dirty Chai **4.7 / 5.2**

Turmeric Latte (housemade) **4.7 / 5.2**

Extra shot / Decaf / Cream / Soy  
Coconut / Almond / Lactose free **0.5**

## MORK HOT CHOCOLATE

Junior Dark (50%) **4.7 / 5.2**

Original Dark (70%)

Spiced Hot Chocolate

*add peanut butter* **0.5**

*add shot of your favourite liquor* **6.5**

*Love your hot chocolate?*

*Grab yourself a beautiful canister to take home!*

## LITTLE HUMANS

Apple / Orange / Pineapple juice **3.5**

Cold / Hot chocolate **4.0**

Baby cino (with marshmallow) **2.0**

## FURRY FRIENDS (LAILA & ME DOG TREATS)

Donuts / Carob bones / Doggie paws **3.0**

Pizzas / Tennis balls **4.0**

*Check regularly for new flavours...*

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