



BREAKFAST

7AM - 11.45AM

Quinoa Porridge

Organic quinoa flakes cooked in almond milk with coconut sugar, cinnamon, sultanas & cranberries. Topped with rhubarb compote, poached pear & granola crumb

14.5

Nut Granola

Clusters of spiced assorted toasted nuts and seeds, topped with coconut yoghurt, fresh banana & strawberries. Served with your choice of milk

14.5

Banoffee Waffles

House made waffles served with caramelised banana, coconut ice cream, cacao nibs, walnut praline, Canadian maple syrup & bee pollen

19.5

Smoothie Bowl

Acai powder, banana, coconut water, blueberries, chia seeds, local honey, market fruit, coconut flakes, granola crumble & bee pollen

14.9

Breakfast Salad

Baby kale, mixed cress, broccolini, carrot & cabbage slaw, seed cracker, sprouts, cultured kraut, tahini, avocado & apple cider vinaigrette. Topped with dukkah crusted pasture-range poached eggs

19.5

Eggs on Toast

Pasture-range eggs, poached, fried or scrambled, fermented tomato relish & seasonal salad garnish served with sprouted quinoa toast or house made gluten free sourdough

13.9

Bacon & Eggs on Toast

Pasture-range eggs, poached, fried or scrambled, locally smoked nitrate free bacon, fermented tomato relish & seasonal salad garnish served with sprouted quinoa toast or house made gluten free sourdough

17.9

Smoked Salmon Omelette

Hot smoked wild caught salmon omelette, served open with beetroot & shallot relish, chives, avocado & local cress

19.5

Porchetta & Eggs

Slow-cooked rolled pork belly with pasture-range poached eggs, baby kale, spiced sweet potato puree, kimchi & crackling crumb

22.9

Toast & Preserves

Sprouted quinoa or house made gluten free sourdough toast served with butter & one of the following: almond butter, house chia & berry jam or local honey

7.5

Kids Breakfast - under 10 years

Scrambled egg with sprouted quinoa or house made gluten free sourdough toast
Smashed avocado on sprouted quinoa or house made gluten free sourdough toast
Waffle with fresh banana & local honey
One slice of toast with butter & one of the following: almond butter, house chia & berry jam or local honey

7.5

7.5

7.5

4.5

Extras

Bacon 4.0, egg 2.0, toast 4.0, avocado 3.5, cultured kraut 4.0, baby kale 3.0, hot smoked salmon 6.0, fermented tomato relish 3.0, spiced sweet potato puree 3.0, coconut yoghurt 3.0