

FRUITS & NUTS

- HOUSE MUESLI v (vg)
fresh fruit & berry compote 9.9
- SUPERFOOD GRANOLA v
poached fruit & rhubarb 9.9
- SWEET RICE PORRIDGE v gf
banana, dates & toasted coconut 9.9

ALL DAY BREAKFAST

- SOURDOUGH TOAST v (vg) (gf)
jam, honey, peanut butter or vegemite
(multigrain, raisin & gluten free* avail) 6
- FREE RANGE EGGS YOUR WAY v (gf)
poached, scrambled or fried eggs on toast 9

SIDES

- | | |
|-------------------|------------------|
| sautéed spinach | smashed avocado |
| slow cooked beans | free range bacon |
| sautéed mushrooms | primo chorizo |
| free range eggs | goats feta |
| hash browns | braised steak |
| pan seared tomato | 4 |
| 3 | |

- FRENCH TOAST (vg) (gf)
with bacon & pure maple syrup garnished with
caramelised banana & strawberries 15.5

- IN-HOUSE 7 BEANS (vg) (gf)
7 types of beans slow cooked with herbs & spices
served with spinach, fried egg & primo chorizo 17

- HARRISSA EGGS (v) (gf)
feta smashed avocado piled on multigrain & hash
browns with bacon & harissa on poached eggs 15.9

- GRILLED FIELD MUSHROOM (vg) (gf)
stuffed with bacon, ham, mozzarella, roasted peppers,
served with sautéed spinach & an egg 17

- FRITTER STACK gf (vg)
pan seared sweet potato & pumpkin fritters stacked
together with bacon, avocado & hint of harissa
yoghurt 15.9

- CROQUETTES
spanish jamon serrano & cheese croquettes on feta
smashed avocado topped with poached eggs, toasted
sesame seeds & mint 16.5

SMALL PLATES

- FRESH HOUSE SALAD vg gf
fresh rocket, roasted pumpkin, flame roasted peppers,
tomato, grated carrot, red cabbage & cranberries 9
- FRENCH FRIES vg gf
served with tomato sauce and house aioli 6
- EGGPLANT CHIPS vg
semolina crumbed eggplant chips served with rocket
and house aioli 9
- SALT & PEPPER CALAMARI
calamari crumbed in semolina served with rocket &
house aioli 9.9

BURGERS

- BRICK 'O' BEEF BURGER
with dijon sauce, bacon, egg, lettuce, tomato,
caramelised onion, flame roasted red peppers,
chipotle mayo & fries 17.5
- SEASONED VEGGIE BURGER (vg)
house made cumin roasted potato patty with smashed
avocado, red lentil and toasted sesame sauce and side
of semolina crumbed eggplant chips 16.5

LUNCH

- HEAVY SALAD (vg) (gf)
fresh house salad with your choice of seared free
range chicken or braised steak 13.5

- FREE RANGE CHICKEN SCHNITZEL
covered in cheese and house tomato relish, served
with appleslaw, chipotle mayo & french fries 16.5

- BALAJU MOMO
free range chicken & vegetable dumplings served with
salad & toasted sesame & tomato sauce 11.9

- BURRITO (vg) (gf)
your choice of braised steak, curried chicken or
vegetarian with spinach, beans, mozzarella cheese, red
cabbage, wild & white rice, corn chips & salsa 12.9

- QUESADILLA (v) (gf)
mozzarella cheese quesadilla served with wild & white
rice, beans, guacamole, salsa & chipotle mayo 12.9
add sautéed spinach or scrambled free range egg +3
add braised steak, chicken or chorizo +4

all of our EGGS, CHICKEN, BACON & HAM
come from happy animals on FREE RANGE FARMS

vegetarian v, vegan vg, gluten free gf
vegetarian (v) vegan (vg) gluten free (gf) on request
(gf) option is an additional \$2



DRINKS

5 SENSES ESPRESSO

DARK HORSE COFFEE BLEND

regular	3.5
large	4
decaf, bonsoy, almond	0.5

LOOSE LEAF TEA

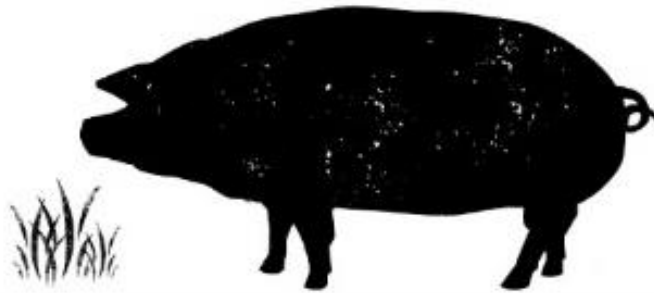
english breakfast, earl grey, peppermint, green, chamomile	4
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HOT

mocha	4
hot chocolate	4
fresh chai latte by prana chai	4

COLD

iced coffee, chocolate, mocha	5
milkshakes: choc, vanilla, strawberry, caramel	6
organic soft drinks	4
charlie's pressed juice: orange, apple	4
charlie's super smoothies: spirulina, berry, mango	4
organic coconut water	4
sparkling mineral water	4
water	3



BUTCHER SHOP

CAFE

mon to fri: 7am - 4pm
weekends: 8am - 2:30pm

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