



## All Day Breakfast

<b>Avocado Smash</b>	<b>8.9</b>
Smashed avocado, Spinach, feta, tomato and vinaigrette on sourdough	
<b>Bacon and Egg Roll</b>	<b>7.9</b>
Bacon rashers and fried free range egg with caramelised onion	
<b>Brekkie Burger</b>	<b>10.9</b>
Cheese, bacon, chorizo, egg, avocado, tomato and caramelised onion	
<b>Poached eggs</b>	<b>10.9</b>
2 free range eggs served with sautéed mushrooms, onions and spinach on toasted sourdough	
<b>Quick brekkie</b>	<b>10.9</b>
Bacon rashers with 2 free range eggs done your way served on sourdough	
<b>Big Brekkie</b>	<b>15.9</b>
Bacon rashers, 2 free range eggs, chorizo sausage, sautéed mushrooms, spinach, grilled tomato, baked beans and a hash brown on sourdough	
<b>Eggs Benedict</b>	<b>12.9</b>
Vegetarian – Sautéed mushroom and avocado	
Traditional - Ham and spinach	
Mediterranean – Smoked Salmon and Spinach	
All are served with 2 poached free range eggs on sourdough with a hollandaise sauce	
<b>Extras</b>	
Meats	3.0
Salmon	4.0
Egg, Avocado	2.0
Hash brown, Salad items	1.0

## Lunch

<b>Quiche &amp; Salad</b>	<b>10.9</b>
Fresh made quiche with our house salad. See staff for daily options	
<b>Vegetarian Stack</b>	<b>10.9</b>
Grilled eggplant, capsicum, Sundried tomato, spinach and grilled haloumi on sourdough	
<b>Salmon Stack</b>	<b>11.9</b>
Sourdough with smoked salmon, avocado, baby spinach and Spanish onion	
<b>Salt and Pepper Squid</b>	<b>15.9</b>
With salad, chips and house made aioli	
<b>Beef Burger with chips</b>	<b>16.9</b>
Gourmet beef patty, cheese, lettuce, beetroot, tomato, caramelised onion and bbq sauce	
<b>Steak Sandwich with chips</b>	<b>17.9</b>
Steak, Egg, cheese, spinach, beetroot, tomato, caramelised onion and bbq sauce	
<b>Chicken Ceaser Salad</b>	<b>15.9</b>
Grilled chicken, cos lettuce, bacon, egg, parmesan and Ceaser dressing	
<b>Roast Vegetable Salad</b>	<b>15.9</b>
Roasted Pumpkin, Kumara and baby beetroots with Feta, Spinach and mixed leaf salad with a balsamic dressing	
<b>Chicken Pasta Salad</b>	<b>15.9</b>
Chicken, pasta, roasted capsicum, sundried tomato, in a pesto sauce	
<b>BLAT Sandwich</b>	<b>8.5</b>
Bacon, Lettuce, Avocado and Tomato on white or wholemeal bread	
<b>Chicken Avocado Sandwich</b>	<b>8.9</b>
Grilled chicken, avocado, lettuce, cheese and our house made aioli sauce	

## Hot Drinks

Cappuccino	3.7	4.2
Latte	3.7	4.2
Flat White	3.7	4.2
Long Black	3.7	4.2
Mocha	3.7	4.2
Hot Chocolate	3.7	4.2
Chai Latte	3.7	4.2
Espresso/Ristretto	2.5	
Macchiato/Piccolo	3.0	
Babycino	1.5	
Flavours/decaf/extra shots	0.7	
Soy/Lactose Free/Almond	0.7	
Plunger Teas	4.5	

*English Breakfast, Supreme Earl Grey, Chamomile, Honeydew Green,  
Fruits of Eden, Peppermint, Lemongrass & Ginger*

## Cold Drinks

Milkshakes	6.0
Chocolate, Strawberry, Caramel, Vanilla, Nutella, Rhubarb	
Fresh Squeezed Juices	6.9
See display board for today's options	
Iced Tea of the Day	5.0
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Homemade Lemonade	5.0
Iced Coffee	6.0
Iced Chocolate	6.0
Soft Drinks 600ml	4.4
Soft Drink Cans	2.5
Bottled Juice	4.4
Still Water	3.0
Sparkling Water	4.4

