





TOAST HOMEMADE JAM OR SERVILLE ORANGE MARMALADE	6	FLAT IRON GRILLED SANDWICHES TUNA MAC N CHEESE AL's favourite old skool mac n cheese	13
HOUSE NUT BUTTER	7	with line caught tuna and spinach	
VEGEMITE	5	HOUSE CORNED BEEF	13
LOCAL RICOTTA HONEY	8	old fashioned boiled beef, house kraut, pickles, cheese, mustard dressing	
AVOCADO LEMON (V)	1 2	HAM HOCK CROQUE	13
FRUIT TOAST ricotta and honey cinnamon butter	10	classic ham and gruyere cheese mustard sauce CROQUE MADAME as above with free range egg	14
VEGGIE TOAST (V)	18	CUBANO	
crushed peas, ricotta, mint, fennel and pickled red onion, lemon chilli oil (vegan available)		cuban mojo pork, smoked ham pickles, hot mustard, cheese	14
AVO FETA EGGS	17	MUSHROOM MASALA (V) mushrooms, house curry, spinach, tomato coriander, cheese	13
cherry tomatoes, Australian olive oil, lemon			
SPANISH TOAST crushed tomato, spiced beans, chorizo avocado, capsicum relish, free range egg	19	FREE RANGE CHICKEN CLUB smoked bacon, avocado, lettuce, tomato, smoked aioli, house chutney	13
CHAI SPICED FRENCH TOAST (V)	18	CHEESE & PINEAPPLE (V)	13
caramelised banana, yoghurt, chai syrup, walnuts		fresh pineapple, cheese add ham	
OATS, GRANOLA BIRCHER OATS overnight apple juice soaked oats, chia, banana,	12	ITALIAN hot salami, smoked ham, capsicum relish, olive tapenade, 3 cheese	13
berries, natural yoghurt and nuts HOUSE GRANOLA (V) toasted in local honey, natural yoghurt, fresh fruit, milk from the cow		HARDCORE PIES please check oven for todays bake	
		POKE BOWLS, SALADS	
BREAKFAST ROLLS BACON EGG CHEESE 10		POKE BOWL brown rice, quinoa, house pickles, spiced pineapple, sesame seeds, peas, roots and shoots choice of soy poached chicken, seared salmon or grilled tofu	
house chutney		add fried egg \$3	
CHORIZO EGG CHEESE house chutney	10	VEGAN BOWL (V)	18
KALE EGG HALLOUMI (V) tomato, smoked aioli, house chutney	10	a salad of goodness , brown rice quinoa, house krau pickles, roasted nuts, seeds and summer veggies	
BLAT	1 2		
smoked aioli, house chutney,		QUICHE AND SALAD	14
BACON BUBBLE EGG CHEESE bubble and squeak, house chutney (v) version halloumi	14	choice of daily bake with salad	
		SALAD SPECIAL OF THE DAY see specials board	16
CHESE CRUSTED CROISSANT smoked ham, 3 cheese, spinach, tomato	8	HARDCORE POTATO WEDGES chilli, rosemary salt, house bbq sauce	6
BREAKFAST SPECIAL see chalk board		SIDE SALAD seasonal with house dressing	6

we only use free range chicken and eggs and source as much local produce as possible take a look at our origins board

KITCHEN CLOSES AT 2:30pm