

All Day Menu

from Open till 3PM

Bacon & Eggs

eggs your way with double smoked bacon, grilled tomato on sourdough toast

Eggs & Toast

eggs your way with grilled tomato on sourdough toast

Eggs Benedict w Bacon, Salmon, Ham or Mushrooms

soft poached eggs, double smoked bacon or tasmanian salmon or shaved smoked ham or sauteed mushrooms w sauteed spinach, chefs own hollandaise on toasted turkish

Smashed Avo w Fetta / Fetta & Eggs

beautifully seasoned avocado served w sourdough toast & fetta. option add soft poached eggs

Healthy Start

tasmanian smoked salmon, soft poached eggs, cyprus haloumi, avocado & sourdough toast

The Big Spoon

soft poached eggs, double smoked bacon, chipolatas, sauteed mushrooms, hash browns, grilled tomato & spanish house made beans on sourdough toast

Wake Me Up Sandwich

open sandwich w grilled haloumi, avocado, double smoked bacon, sunny-side up egg & roquette on toasted turkish

Bacon & Egg Roll

sunny-side up egg, double smoked bacon, tasty cheese & BBQ sauce

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Belgian Waffles

strawberries, french vanilla ice cream, maple syrup w chocolate drizzle or maple bacon

Bubble & Squeak

soft poached eggs, chat potato, sweet potato, double smoked bacon, herbs & house-made hollandaise

Muesli w Berries & Yoghurt

our custom blend of toasted muesli, rolled oats, granola, fruits, seeds & nuts with berry compote & naturally sweetened greek yoghurt

Toast / Fruit Toast

*two pieces turkish/sourdough or mediterranean fruit toast
with a choice of house-made berry jam, honey, marmalade, vegemite or peanut butter*

Pasta of the Day

fresh pasta dish options changing daily. please ask staff for todays options

Chicken Caesar Salad

fresh caesar salad w tender grilled chicken breast pieces (GFO)

Soup of the Day

see our specials board or ask staff for todays flavours. served with sourdough toast

Extras (add to your meal)

*Hash Browns \$5, Grilled Cyprus Haloumi \$5.5, Avocado \$5.5, GF Bread Substitute \$2
Bacon \$5 Egg \$4, Salmon \$5.5, Sautéed Mushrooms \$5 Toast(1) \$4 (not available separately)*

Burgers

from Open till 3PM

Grilled Chicken Sandwich

grilled chicken breast, avocado, swiss cheese, tomato, cos lettuce, garlic aioli & tomato relish on turkish

Cheeseburger

tender beef, cheese, tomato, lettuce, caramelised onion, pickle, mustard & tomato relish

Double Cheeseburger

double tender beef, cheese, red onion, pickles, tomato, lettuce, mustard & tomato relish

Beef Bacon & Cheese Burger

tender beef, double smoked bacon, cheese, tomato, lettuce, caramelised onion, pickle, BBQ & jalapeño garlic mayonnaise

Pulled Pork Burger

tender pulled pork with gravy, tomato, lettuce, fresh apple slaw salad & garlic aioli

Vege Haloumi Burger

grilled cyprus haloumi, red onion, roast capsicum, zucchini, tomato, rocket, pesto & tomato relish

Extras (add to your meal)

*Bacon \$5, Cheese Slice \$2, Beef Patty \$5, Grilled Haloumi \$5.5, Egg \$4, GF Bread Substitute \$2
Dipping Sauces (jalapeño mayonnaise tomato, BBQ, garlic aioli) \$2*

Chips

from Open till 3PM

Crunchy Fries

himalayan pink rock salt with aioli, jalapeño garlic mayonnaise, tomato or BBQ sauce. large or small

Sweet Potato Fries

crunchy sweet potato fries with aioli, jalapeño garlic mayonnaise, tomato or BBQ Sauce. large or small

Fresh Made Juices

Flu Defence

orange, apple, pineapple, lemon & ginger

The Energiser

watermelon, orange, pineapple & mint

Delicious Detox

apple, carrot, beetroot & ginger

Sunshine Blast

strawberry, apple, watermelon & mint

Immune Plus

orange, pineapple, lemon & passionfruit

Smoothies & Frappés

Strawnana

strawberry, banana, yoghurt sorbet & honey on a milk base, topped with a coconut sprinkle

Mango Mania

mango, passionfruit, mango & apple juice w lemon sorbet

Taste of Tropic

pineapple, watermelon, orange, passionfruit pulp & lemon sorbet on an mango & apple juice base

Green Booster

kale, celery, parsley, mint, mango & apple juice

Salted Caramel Frappé

blended caramel iced drink, topped with whipped cream & a pinch of salt

Chocolate Frappé

blended chocolate iced drink, topped with whipped cream & a chocolate drizzle

Milk Shakes

Cookies & Cream

cookies & cream super shake, topped with crushed Oreos & whipped cream

Milkshake/Thickshake

Chocolate, Vanilla, Strawberry, Caramel, Banana, Lime

Beers & Wines

Corona

355mL

Peroni

330mL

Fat Yak Pale Craft Ale

345mL

James Squire Pale Craft Ale

345mL

Cascade Premium Light

375mL

Somersby Apple Cider

330mL

Counting Sheep NZ

Marlborough NZ Sauvignon Blanc per glass/per bottle 750mL

Portone Pinot Grigio ITA

Italian Pinot Grigio per glass/per bottle 750mL

Curious Kiwi Chardonnay NZ

Marlborough NZ Chardonnay per glass/per bottle 750mL

Valdo Prosecco ITA

Italian prosecco from the Prosecco di Treviso district in Italy in a 200ml piccolo bottle

Harmonise Pinot Noir AU

per glass/per bottle 750mL

Parsons Paddock Cabernet Sauvignon AU

per glass/per bottle 750mL