

BREAKFAST / 7 DAYS / 7AM- 3PM

FRUIT PLATE \$11.90

with pineapple, roasted nuts, lime, kiwifruit strawberries, yoghurt & rockmellon & seeds
vege - vegan - gluten free on request
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SUPERGRAIN MUESLI \$11.90

with buckwheat, seeds, pistachio nuts, amaranth & millet. Served with spiced milk & yoghurt
vege - gluten free - dairy free
.....

EGGS ON TOAST \$9.90

two eggs (poached, scrambled or fried)
on toasted multigrain
vege - dairy or gluten free on request
.....

BACON & EGGS \$14.90

bacon & two eggs (poached, scrambled or fried)
on toasted multigrain
dairy or gluten free on request
.....

EGGS BENEDICT

poached eggs with hollandaise on toasted multigrain
with bacon \$17.90 / or salmon \$19.90 /
or spinach & potato hash brown \$17.90
vege - gluten free on request
.....

FRENCH TOAST \$17.90

with lemon curd, maple candy-bacon, roast cherry tomatoes and brulee bananas
vege on request
.....

CORN, KALE & CORIANDER FRITTERS \$17.90

with mushy peas, chorizo sausage, whipped goats feta & a kale, pickled raddish salad
vege on request
.....

OPEN BREAKFAST BURRITO \$17.90

with braised pork shoulder, black bean, quinoa, guacamole, salsa, parmesan cheese, chipotle mayonnaise & a poached egg
vege and dairy free on request
.....

FRIED TOFU ON TOAST \$17.90

with spinach, pumpkin seeds & red onion
on toasted multi-grain with hummus
vege - vegan - gluten free on request
.....

PNEUMATIC KIDS' BREAKFAST \$11.90

BLT slider, organic Samoan dried bananas, curly fries & activity pack
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THREE FILLING OMELETTE \$17.90

choose 3 from the following:
bacon / spinach / cheddar / feta /
potato / sausage / tomato /
salmon / onion / mushroom
served on toasted multigrain
vege - vegan - gluten free on request



BREAKFAST BURGER \$18.90

with beef pattie, bacon crumb, fried egg, kraft cheese, maple mustard & chrozio hollandaise
gluten free on request
.....

SUPER CHOICE BRO \$21.90

with bacon, sausage, mushrooms,
potato hash brown, tomato, toasted multigrain
& two eggs (poached, scrambled or fried)
gluten free on request
.....

BACON & CREAM CHEESE BAGEL \$11.90

with toasted bagel, bacon & cream cheese
gluten free on request
.....

BLAT BAGEL \$17.90

with bacon, lettuce, avocado, tomato & aioli
gluten free on request
.....

SALMON & AVOCADO ON MULTI-GRAIN \$18.90

with salmon, avocado, beetroot relish lemon
& cream cheese
gluten free on request
.....

SPRING VEGETABLE SOUP \$11.90

with pea, courgette, leeks, creme friache & toasted multigrain
vege- gluten free - vegan on request
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NACHOS

with black beans, guacamole, cheese, salsa & sour cream \$15.90 / or pulled pork, black beans, guacamole, cheese, salsa & sour cream \$18.90
vege - gluten free on request
.....

BAGELS, TOAST & SPREADS

vege - gluten free on request
with butter \$4.90 / raspberry jam & butter \$6.90 /
honeycomb, raspberry jam & butter \$8.90 /
sundried tomato cream cheese \$6.90 /
vegemite \$6.90 / marmite \$6.90 / hummus \$6.90 /
basil pesto \$8.90 / cream cheese \$6.90 /
peanut butter \$6.90
.....

EXTRAS

bacon \$6 / sausage \$5 / avocado \$5 / spinach \$5 /
smoked salmon \$7 / potato hash brown \$5 /
eggs (2 poached, scrambled or fried) \$4 /
grilled tomato \$3 / fresh tomato \$3 / black beans \$5 /
pan-fried mushrooms \$5 / extra toast \$2 /
extra spreads & sauces \$2 / gluten free cassava &
sunflower toast \$2.50
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CURLY FRIES \$8.90

delivered by pneumatic tube
vege- contains gluten

