

BREAKFAST / 7 DAYS / 7AM-3PM

BREAKFAST BOWLS

BIRCHER MUESLI \$11.90

with cherries, almond butter, almonds & koko samoa served with coconut milk & coconut yoghurt
vegan | dairy free

PORRIDGE \$11.90

with blueberry orange compote, lemon curd, grenadine oranges, bananas & toasted buckwheat served with cream & yoghurt
vege | *dairy free | *on-request

BLUE SMOOTHIE BOWL \$11.90

with pineapple, mango, banana, coconut, chia seeds, hemp seeds, granola & tropical fruit
vegan | dairy free | gluten free | refined sugar free

BENEDICTS

PORTOBELLO BENEDICT \$20.90

truffle roasted portobello mushrooms, asparagus, hash brown & spinach served with two poached eggs & hollandaise
vege | *paleo | gluten free | *on-request

BACON BENEDICT \$20.90

bacon, hash brown & spinach served with two poached eggs & hollandaise
*paleo | gluten free | *on-request

SALMON BENEDICT \$20.90

hot smoked salmon, hash brown & spinach served with two poached eggs & hollandaise
*paleo | gluten free | *on-request

BREAKFASTS

EGGS ON TOAST \$9.90

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

BACON & EGGS \$14.90

bacon & two eggs (scrambled, poached or fried) on toasted multigrain
*paleo | *dairy free | *gluten free | *on-request

SALMON & AVOCADO \$20.90

with salmon, avocado, lemon, house-made beetroot relish & cream cheese on toasted multigrain
*gluten free | *on-request

THREE FILLING OMELETTE \$20.90

choose any 3 fillings from the following:
bacon / mushroom / spinach / cheddar / asparagus
feta / potato / tomato / salmon / onion
served on toasted multigrain
vege | *paleo | *dairy free | *gluten free | *on-request

OPEN BREAKFAST BURRITO \$20.90

with pulled pork, black bean, quinoa, guacamole, salsa, parmesan cheese, avocado ranch dressing, chipotle mayonnaise & a poached egg
*vegan | *dairy free | *gluten free | *on-request

FRENCH TOAST \$20.90

with blackberry compote, toasted marshmallow white chocolate clusters, biscuit crumb caramel sauce, raspberry coulis and blueberries
vege

CRISPY MARINATED TOFU \$20.90

with walnut pesto and cherry tomatoes on toasted multigrain with a balsamic glaze
vege | vegan | dairy free | *gluten free | *on request | contains nuts

BIG BREAKFAST

SUPER CHOICE BRO \$24.90

with bacon, baked beans, spinach, portobello mushroom, hash brown, hollandaise, toasted multigrain & two eggs (scrambled, poached or fried)
*vege | *paleo | *gluten free | *on-request

EXTRAS

\$2 extra spreads	\$5 wilted spinach
\$2 extra toast	\$6 avocado
\$2.50 gluten free toast	\$5 potato hash brown
\$3 fresh tomato	\$5 panfried mushrooms
\$3 grilled tomato	\$5 asparagus
\$4 eggs	\$6 bacon
\$5 baked beans	\$7 smoked salmon