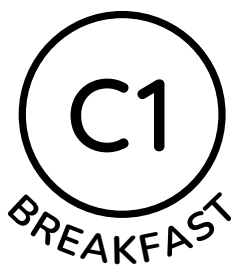


SEVEN DAYS



7AM - 3PM

BREAKFAST BOWLS

GRANOLA

\$17.90

house-made granola served with lemon curd, berry compote, coconut yoghurt, fresh seasonal fruit & an orange-coconut panna cotta

dairy free | gluten free | *vegan | vege | *on-request

SMOOTHIE BOWL

\$17.90

mixed berries, banana & chia seeds topped with toasted coconut, kiwifruit & strawberries

contains gluten | dairy free | vegan | vege | *on-request

BENEDICTS

BUILD YOUR BENE

\$23.90

hash browns, spinach, two poached eggs & hollandaise with one of the following:

+ add truffle roasted portobello mushrooms

+ add hot smoked salmon

+ add streaky bacon

+ add braised lamb

*paleo | *dairy free | gluten free | *vege | *on request

CILBIR (TURKISH EGGS)

\$17.90

two poached eggs, fresh herbs & toasted sourdough served on top of a garlicky yoghurt with a warm aleppo chilli butter

+add a side of braised lamb \$7

*gluten free | vege | nut free | *on-request

CRUMPETS

\$17.90

RASPBERRY LAMINGTON

two battered crumpets served with a white chocolate cream, raspberry coulis, mixed berry compote topped with toasted coconut, white chocolate flakes & fresh seasonal fruit

+ add bacon +\$7

+ add a scoop of vanilla ice-cream +\$3

nut free | vege | *on request

MISO AVOCADO

two toasted crumpets served with grilled cherry tomatoes, lotus chips, red radish, black sesame, avocado & a miso mayonnaise

+ add a side of poached eggs \$6

+ add a side of bacon + \$7

*dairy free | vege | *on request

EXTRAS

avocado \$6

bacon \$7

braised lamb \$7

two eggs \$6

halloumi \$6

panfried mushrooms \$5

potato hashbrowns \$6

smoked salmon \$7

spinach \$6

tomato (fresh or grilled) \$6

toast & butter \$6.90

gluten free toast \$2.50

crispy fried chicken \$7

BREAKFASTS

EGGS ON TOAST

two eggs (scrambled, poached or fried) on toasted multigrain

*dairy free | *gluten free | *paleo | vege | *on request

BACON & EGGS

\$17.90

bacon & two eggs (scrambled, poached or fried) on toasted multigrain

*dairy free | *gluten free | *paleo | *on request

\$23.90

BEEF BULGOGI

korean style marinated beef with mushrooms, onion, carrot, mesclun, tomato, cheese sauce & a poached egg served on sourdough

nut free

\$23.90

OPEN BREAKFAST BURRITO

with pulled pork or braised lamb, black beans, quinoa, guacamole, salsa, parmesan cheese, ranch dressing, chipotle aioli & a poached egg

*dairy free | *gluten free | *vegan | *vege | *on request

\$23.90

SALMON & AVOCADO

with cold smoked salmon, avocado, lemon, capers & cream cheese on toasted multigrain

+ add a side of poached eggs + \$6

*dairy free | *gluten free | *on-request

\$23.90

THREE FILLING OMELETTE

choose any 3 fillings from the following:

bacon / mushroom / spinach / cheese / pulled pork /

braised lamb / feta / potato / tomato / salmon / onion

served on multigrain

*dairy free | *gluten free | *paleo | *vege | *on request

\$17.90

BUDDHA BOWL

with deep fried tofu, edamame, cucumber, pickled onion, crispy lotus & nori served on white rice with kewpie mayo & teriyaki sauce

+ add side of poached eggs \$6

+ add side of pan fried mushrooms \$5

+ add crispy fried chicken \$7

dairy free | gluten free | vegan | vege

BIG BREAKFAST

SUPER CHOICE BRO

\$26.90

with bacon, spinach, grilled tomato, portobello mushroom, hash brown, hollandaise, toasted multigrain & two eggs (scrambled, poached or fried)

gluten free | paleo | vege | *on request