

**ZUCCHINI & CORN FRITTERS \$22** *(v)*

zucchini & corn fritters w/ lemon zested labneh, harissa, zucchini salad

**GRANOLA \$17** *(v/gf)*

maple pecan granola, yoghurt, seasonal poached fruits, honey, spring berries

**BACON & EGG ROLL \$14**

smokey bacon, fried free range egg, rocket, tomato relish

**AVOCADO ON TOAST \$19** *(v)*

seasoned avocado, zucchini ribbons, Meredith goat curd, dukkah, mint, lemon dressing

**FRIED CHICKEN BENEDICT \$25**

karaage fried chicken, hot sauce hollandaise, potato & herb rosti, charred kale, free range poached eggs

**BREAKFAST BURGER \$22**

roast pork belly, fried free range egg, watercress, finger lime aioli, chilli & dukkah salt

**MUSHROOMS ON TOAST \$24** *(v)*

roast seasonal mushrooms, kale, stracciatella, salsa verde, poached free range egg, pangrattato

**HOTCAKE \$23** *(v)*

vanilla mascarpone, mixed berries, sunflower seeds, lemon zest, mandarin & pineapple syrup, toasted coconut

**SOURDOUGH TOAST \$7** *(v)*

rye / walnut & raisin / soy linseed / white sourdough w/ choice of spread

**BREAKFAST BOWL 23** *(v/gf)*

spiced pumpkin, avocado, haloumi, kale, zucchini, sauerkraut, carrot hummus

**EGGS ON TOAST** poached, fried or scrambled **\$13**


---

*sides*


---

**POACHED *or* FRIED EGG \$4****SMOKEY BACON \$5****POTATO HASH \$4****SCRAMBLED EGGS \$6****AVOCADO \$4****ROASTED MUSHROOM \$5****GRILLED HALOUMI \$5****POACHED CHICKEN \$7****CHIPS \$8****SWEET POTATO CHIPS \$10**


---

*kids all \$12*


---

**HOTCAKES W/ BANANA & MAPLE SYRUP****CHEESE TOASTIE****SEASONAL FRUIT BOWL****CHEESE BURGER & CHIPS****CRUMBED CHICKEN & CHIPS****POACHED CHICKEN SALAD \$23**

ancient grains, kale, mint, parsley, cauliflower, broccoli, edamame, puffed rice, coriander, lemon thyme dressing

**SALMON POKE BOWL \$24** *(gf)*

seared salmon sashimi, cucumber, radish, pickled ginger, mixed cabbage, sushi rice, burnt allium, sesame dressing, nori crunch

**GRILLED SALMON \$32** *(gf)*

huon salmon fillet, celeriac puree, spring salad, salsa verde, smoked macadamia crumb, chickpeas

**FISH AND CHIPS \$26**

peroni battered local fish, chips, house tartare sauce, lemon

**PRAWN LINGUINE \$29**

australian king prawns, confit chilli and garlic, cherry tomatoes, prawn bisque

**POTATO GNOCCHI \$27** *(v)*

house made potato gnocchi, roasted macadamia, edamame, lemon thyme, chickpeas, carrot puree, goats cheese, lemon zest

**CHEESEBURGER \$20**

Tajima wagyu beef, mustard mayo, tomato relish, house pickles w/ chips

**WAGYU BURGER 24**

Tajima wagyu beef, smokey bacon, butter lettuce, tomato, cucumber pickles, cheese, caramelised onion, ketchup & aioli w/ chips

**FRIED CHICKEN BURGER \$23**

karaage fried chicken, spicy mayo, butter lettuce, house pickled vegetables, w/chips

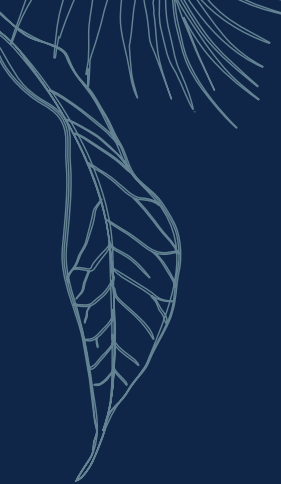
**VEGE BURGER \$23**

zucchini & corn fritter, smashed peas, haloumi, cucumber, carrot, butter lettuce, aioli, w/ chips

---

10% surcharge on weekends & public holidays.

Although we state certain items are gluten free on our menu, please inform our friendly staff when ordering if you have any food allergies. This will ensure complete safety whilst we prepare your meal. *v - vegetarian / gf - gluten free / vg - vegan / df - dairy free*



- beverages -

**COKE \$4.5**

**COKE NO SUGAR \$4.5**

**SPRITE \$4.5**

**FANTA \$4.5**

**GINGER BEER \$4.5**

**LEMON LIME BITTERS \$6.5**

**SPARKLING WATER 750ml \$6**

**SODA WATER \$4**

**TONIC WATER \$4**

**KOMBUCHA \$6**

ginger lemon / peach /  
raspberry lemonade /  
passionfruit

*shakes*

**MILKSHAKES KIDS \$6 LGE \$8**

chocolate / strawberry / vanilla /  
caramel / banana / Nutella

**THICKSHAKES KIDS \$7 LGE \$9**

chocolate / strawberry / vanilla /  
caramel / banana / Nutella

*fresh juice*

**BLISS \$8.5**

pineapple, watermelon,  
orange, passionfruit

**IN TUNE \$8.5**

apple, orange, carrot,  
lemon, fresh turmeric

**ALKALINE \$8.5**

cucumber, apple, celery,  
lemon, ginger

**ORANGE JUICE \$7**

**APPLE JUICE \$7**

*smoothies*

**ACAI \$10**

organic acai berry, mango, banana,  
pineapple, honey, coconut water

**TROPICAL \$9**

blueberries, strawberries, mango,  
spinach, coconut water

**BANANA \$9**

banana, honey, peanut butter, milk

**MANGO \$9**

mango, banana, honey, chia seeds, milk

add 30g  
protein scoop  
+\$3

- coffee -

**ESPRESSO / PICCOLO / MACCHIATO \$4**

**FLAT WHITE / CAPPUCCINO / LATTE / LONG BLACK \$4 / \$4.5**

**COLD BREW COFFEE \$6**

**MOCHA \$4.5 / \$5**

**HOT CHOCOLATE \$4 / \$4.5**

**PRANA CHAI LATTE \$5.5**

**DECAF \$0.5**



extra shot, soy milk, almond milk, oat milk, lactose free milk **\$0.7**

**ICED COFFEE \$7.5**

double espresso, icecream, milk

**ICED LATTE \$6.5**

double espresso, ice, milk

**ICED LONG BLACK \$6**

double espresso, ice, water

**ICED CHOCOLATE \$6**

chocolate, icecream, milk

**ICED MOCHA \$7**

double espresso, chocolate,  
icecream, milk

**BABYCINO \$1.5**

- specialty tea -

English breakfast / green / earl grey / peppermint /  
chamomile / lemongrass & ginger / masala chai **\$5.5**

