

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

add 30g
protein scoop
+\$3

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

- 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**

