BREAKFAST

Toast with choice of preserves	6.0
Banana Bread with choice of preserves	6.0
Avo Toast sourdough, smash avo, tomato, feta, lemon.	14.0
Brekkie Focaccia bacon, egg, tasty cheese, tomato sauce	13.0
Granola Bowl granola, sweet yogurt with seasonal fruit	8.0
Ham & Cheese Tomato Toastie classic ham, cheese, roma tomato	12.0
Triple Cheese Toastie tasty, mozzarella, & sweet cheese	10.0
Brekkie Burrito Wrap smash avo, scramble egg, blackbeans, hash brown, mozzarella cheese, bacon	14.0
Smoked Salmon Wrap smoked salmon, spinach, scramble egg, roma tomatoes, chili mayo	14.0
Halloumi Wrap beetroot hummus, spinach, haloumi, roma tomatoes	15.0

SANDWICHES

With Your Choice Of Bread vienna, sourdough, focacciaor tortilla wrap

Classic Snitzel Sandwich 16.0 chicken schnitzel, tasty cheese, shredded slaw, spicy aioli Poached Chicken Mayo Sandwich 15.0 poached chicken, herb aioli, walnuts, currant, spinach, roma tomatoes **Reuben Sandwich** 16.0 pastrami, sauerkraut, chili mayo, cheese 16.0 Italian Deli beef salami, beef mortadella, pickled mayo, provolone cheese, aioli, roma tomato & spinach 17.0 **Smokey BBQ Beef Brisket** onion, tomato, pickled carrot, mint yogurt, mix kale

SALAD

With Your Choice Of Protein tofu, grilled chicken or chicken schnitzel. Add 2.0 Smokey BBQ Brisket, Smoked Salmon

Lean & Green Garden Salad roasted zucchini, steam green beans, kale, avo, almond, lemon wedges ,pepitas seed, japanese dressing	16.0
Sesame Soy Salad shredded cabbage, spring onion, cucumber, pickled carrots, green apple, cherry tomato, mint, fried shallot, soy sesame dressing	16.0
Nourishing Bowl roasted pumpkin, shredded kale, spinach, cherry tomato, walnut, currant, onion, fried chickpeas, lemon dressing	16.0
Harvest Bowl mixed leaves, brown rice, pickled carrots, pickled radish, fresh jalapenos, cucumber, spring onion, fried onions,	16.0





crispy corn, garlic aioli