



Breakfast from 7:30am

**Hi Tide Toasted Breaky Wrap (DFO) 19**

Applewood smoked bacon, fried free-range Eggs, caramelised onion, gruyere cheese & Bourbon BBQ Sauce

Add wilted spinach + 2

Add hash brown +3

Add haloumi +4

**Spice Up Your Life (GFO, DFO, VGO) 21**

Pumpkin Hummus, charred onion, smoked salmon, green oil, Zaatar fetta, toasted sourdough, Sumac pepitas crunchy chic peas

Add mushrooms +2

Add free-range egg +2

**Forest Floor (GFO, DFO) 22**

Mushroom & truffle pesto, fried lemon tyme mushrooms, toasted sourdough, poached egg, toasted pine nuts & fried enoki

**Usual Suspect (DFO, GFO) 17**

2 x free-range eggs, cooked your way, toasted Sourdough, wilted spinach

**Eggs Bennie (GFO) 22**

2 x poached eggs, toasted sourdough, wilted Spinach, apple cider hollandaise

Add either;

Applewood smoked bacon

Smoked salmon

Double smoked Virginia ham

**Zucchini Fritters (GF) 21**

Basil infused labneh, cherry tomato salsa, herb salad & 2 x poached eggs

**Buttermilk Pancakes (V) 21**

Buttermilk pancakes, fresh honeycomb from the frame, banoffee cream, crushed bananas chips

**Millions of Peaches (DFO, VGO) 20**

Agave & nut roasted granola, peach cobbler compote, peach curd, rosewater labneh, toasted coconut flakes

**Sourdough (GFO, DFO) 9**

Toasted sourdough, butter, jam or vegemite

**Quesadilla (VG) 19**

Bio Feta, charred onion, grilled capsicum zucchini bush tomato salsa, smashed avo & crunchy chickpeas

**SIDES**

---

Smoked salmon	6
Smoked bacon	4.5
Smashed avo	6
Mushrooms	4.5
Grilled halloumi	6
Smoked ham	4.5
Hollandaise	3
Roasted tomatoes	4.5
Hash browns	4.5
Wilted spinach	4

Please advise staff of all allergies or special dietary requirements before ordering.

We do not 'swap' menu items & any changes may be respectfully declined.

(GF) Gluten Free (GFO) Gluten Free (GFO) Gluten Free Opt. (DF) Dairy Free (DFO) Dairy Free Opt. (V) Vegetarian (VO) Vegetarian Opt. (VG) Vegan (VGO) Vegan Opt.

### Hot Drinks

Espresso	3.5
Short Macchiato	4
Long Macchiato	4.5
Long Black	4.5
Piccolo	4
Latte	4.5
Flat White	4.5
Cappucino	4.5
Chai Latte	4.5
Fresh Chai Latte	5.5
Dirty Chai Latte	5
Mocha	5
Babychino	1

Mug	.50
Extra Shot	.50
Soy / Almond / Lactose Free / Oat	.50
Vanilla / Caramel / Hazelnut Syrup	1

### Pot of Tea

English Breakfast / Earl Grey	
Chamomile / Green/	
Peppermint / Lemongrass & Ginger	
Chai	.50
Pot of Chai Latte	6.5
Hue Organic Matcha Latte (VG)	5.5
Hue Organic Turmeric Latte (VG)	5.5

### Cold Drinks

Iced Long Black	5
Iced Latte	5.5
Iced Chai	5.5
Iced Coffee/Chocolate/Mocha	8

### Cold Brews - By Blackbird Speciality Espresso

<b>White Cold Brew</b>	6.5
FTO cold brew concentrate served with milk, mylk, coconut water or sparkling water, poured over ice	

<b>Black Cold Brew</b>	5.5
Lighter roasted, seasonal single origin cold brew, served over ice	

### Milkshakes

Chocolate / Vanilla / Strawberry / Caramel	8
--	---

### Smoothies

Mango and Passionfruit	
Banana and Mango	

### Cold Press Juices

<b>Ruby Tuesday</b>	
<b>Watermelon &amp; Pear</b>	

<b>Blood Bank</b>	
<b>Beetroot &amp; Apple</b>	

<b>Little Green</b>	
<b>Super Greens</b>	

Please advise staff of all allergies or special dietary requirements before ordering.

We do not 'swap' menu items & any changes may be respectfully declined.

(GF) Gluten Free (GFO) Gluten Free (GFO) Gluten Free Opt. (DF) Dairy Free (DFO) Dairy Free Opt. (V) Vegetarian (VO) Vegetarian Opt. (VG) Vegan (VGO) Vegan Opt.