



Breakfast from 7:30am to 10.30am

Hi Tide Toasted Breaky Wrap (DFO) 19

Applewood smoked bacon, fried free-range eggs, caramelised onion, gruyere cheese & bourbon BBQ Sauce

Add wilted spinach +4

Add hash brown +4.5

Add haloumi +6

Spice Up Your Life (GFO, DFO, VGO) 22

Pumpkin hummus, charred onion, smoked salmon, green oil, zaatar fetta, toasted sourdough, sumac pepitas crunchy chickpeas

Add mushrooms +4.5

Add free-range egg +2

Forest Floor (GFO, DFO) 22

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

Usual Suspect (DFO, GFO) 17

Two free-range eggs, cooked your way, Applewood smoked bacon, toasted sourdough & spinach

Eggs Bennie (GFO, VGO) 22

Two poached eggs, toasted sourdough, spinach, apple cider hollandaise

Add either;

Applewood smoked bacon

Smoked salmon

Double smoked Virginia ham

Mushrooms (VGO)

Zucchini Fritters (GF) 20

Yogurt, cherry tomato salsa, herb salad, herb pesto & two poached eggs

Buttermilk Pancakes (V) 21

Buttermilk pancakes, fresh honeycomb from the frame, banoffee cream, maple syrup, crushed banana chips & berries

Millions of Peaches (DFO, VGO) 20

Agave & nut roasted granola, peach compote, yogurt, 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 avocado & crunchy chickpeas

Smashed Avocado (GFO, VGO, V) 20

Served on sourdough with cherry tomato bruschetta, topped with a pomegranate balsamic dressing & fresh basil

SIDES

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

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	4.5
Latte	4.8
Flat White	4.8
Cappuccino	4.8
Chai Latte	4.8
Wet leaf Chai	5.5
Dirty Chai Latte	5
Mocha	5
Babycino	1

Mug (2 shots)	1
Extra Shot	1
Soy / Almond / Lactose Free / Oat	0.9
Vanilla / Caramel / Hazelnut Syrup	1

Pot of Tea

English Breakfast / Earl Grey	
Chamomile / Green/ Peppermint / Lemongrass & Ginger	5
Chai	5.6
Chai Latte	6.5
Wet Leaf Chai	6.5
Hue Organic Matcha Latte (VG)	5.5
Hue Organic Turmeric Latte (VG)	5.5

Cold Drinks

Iced Long Black	5
Iced Latte	5.8
Iced Chai	5.8
Iced Coffee/Chocolate/Mocha	8.5

Milkshakes

Chocolate / Vanilla / Strawberry / Caramel	8
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Smoothies

Mango and Passionfruit	9
Banana and Mango	

Juices

Orange	5
<i>100% Valencia Oranges</i>	

Apple Juice

Tomato Juice

Pineapple Juice

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