



MENU

ALL DAY BREAKFAST MENU

Monday to Saturday 6:30am - 2pm

Sunday 7am - 1pm

LUNCH PLATE

Monday to Saturday 11am - 2pm

Counter Service

Please Order & Pay as you go at the Counter



ALL DAY BREAKFAST MENU

Monday to Saturday 6:30am - 2pm | Sunday 7am - 1pm

EGGS ON TOAST \$13.95 (gfo) eggs, poached, scrambled or fried & grilled tomato with sourdough toast

(keto option... swap out sourdough for baby spinach)

BACON BENEDICT \$23 (gfo) poached eggs, bacon on sourdough

with baby spinach & our house made hollandaise sauce

ZUCCHINI & CORN FRITTER BREAKFAST \$19 (g/f) a fritter, served

with smashed avocado, two poached eggs & tomato relish.

SMASHED AVOCADO \$19 (gfo) smashed avocado & two poached

eggs on sourdough toast, baby spinach, feta, & grilled tomato.

SAVOURY MINCE BOWL \$19 (gfo) house made savoury mince,

served with a fried egg, parmesan cheese & sourdough toast.

BREAKFAST WRAP \$14.50 bacon, scrambled eggs, spinach, relish

& cheese, served toasted

VEGAN WRAP \$14.50 mushrooms, baby spinach, tomato relish,

sun-dried tomato, roasted pumpkin, grilled eggplant, vegan mayo,

nutritional yeast & roasted capsicum served toasted.

THAT'S A WRAP... check out our cabinet for today's selection

WAFFLES \$19 with berry compote, served with ice-cream &

Pure Canadian Maple Syrup

BREKKY BURGER \$13.95 bacon OR haloumi a fried egg,

hashbrown, cheese & BBQ sauce served on a milk bun.

B.L.T \$13.95 (gfo) bacon, lettuce & tomato with aioli on a

toasted Turkish bun (avocado fanned +\$4.50)

FROLIC BURGER \$13.95 angus beef patty, caramelised onion, fried

egg, double cheese & BBQ sauce served on a toasted milk bun.

TOASTED SANDWICH ON SOURDOUGH, WHITE OR WHOLEMEAL

• Ham & Cheese \$8.50 (tomato + 50c)

• Chicken & Cheese \$9.90 (avocado smash + \$2)

• Cheese & Tomato \$8.00 (red onion + 50c)

TOASTED CROISSANT

• Ham & Cheese \$9.50 (tomato + 50c)

• Chicken & Cheese \$10.90 (avocado smash + \$2)

• Cheese & Tomato \$9.00 (red onion + 50c)

SOURDOUGH TOAST \$6 buttered & your choice of spread.

BANANA BREAD \$5.50 served toasted & buttered.

DUTCH FRUIT LOAF \$5.50 served toasted & buttered.

DATE & HONEY BREAD \$5.50 (GF) served toasted & buttered.

ADD ONTO YOUR MEAL...

+ 2 pieces of bacon \$6

+ 3 pork chipolatas \$6

+ grilled haloumi \$5

+ smoked salmon \$6.50

+ feta \$1.50

+ house hollandaise \$5

+ spreads 50 cents extra (spread options: marmalade, jam, vegemite, peanut butter & honey)

+ smashed avocado \$4.50

+ house baked beans \$6

+ gluten free toast \$1.50

+ hashbrown \$2.50

+ house relish \$3

+ mushroom \$5.50

+ grilled tomato + \$2

LUNCH PLATE available Monday to Saturday only from 11am to 2pm

STEAK SANDWICH \$23 served with chips & aioli. Rib fillet steak, lettuce, tomato, cheese, caramelised onion & aioli on a toasted Turkish bun.

CHICKEN B.L.A.T WITH CHEESE \$23 grilled chicken breast with bacon, lettuce, fanned avocado & tomato with aioli on Turkish served with chips &

aioli OR garden salad.

BEER BATTERED FISH \$20 served with salad, chips, lemon & tartare sauce.

SALT & PEPPER CALAMARI \$20 served with salad, chips, lemon & garlic aioli.

SUMMER SALAD BOWL small \$9.50 large \$13.50 (GF) house made fresh daily salad, see cabinet for today's flavour. Add grilled chicken \$6

QUICHE OR FRITTATA \$9.50 (GF) see cabinet for today's flavour (Side of Salad +\$5)



OTHER EATS

KIDS MENU

- Bacon, egg, toast & sauce \$10
- Waffle, ice cream & maple syrup \$9
- Chicken, chips & sauce \$10 (Not Available Sundays)
- Battered fish, chips & sauce \$10 (Not Available Sundays)
- Sandwich with spread & an orange cut up \$7
- Baby's only bowl of scrambled eggs \$6

PUPPY-CCINO \$5

cookies & lactose free froth with carob sprinkle.

Our Paw-fect Puppy Treats are available.

to take home too!

25 peanut butter & carob paws mixed pack \$6

2 iced puppy cookies \$3

2 carob puppy crackles \$3

thank you for observing council restrictions when dining in with your pup

TAKE OUR BEANS HOME WITH YOU

1kg Beans \$50 250gr \$13.50. Beans | Plunger | Espresso

DON'T FORGET OUR DISPLAY CABINET ...THERE'S MORE SAVOURY & SWEET BREAKFAST & LUNCH DELIGHTS

SMOOTHIE...\$10

(16oz | large set menu blends) +protein (v) \$2 | +ice cream \$1 | + alternate not milk (v) \$0.50

BANANA bananas, honey, yoghurt & cinnamon blended with milk.

MIXED BERRY berries, banana & yoghurt blended with apple coconut water.

MANGO (d/f) mango chunks blended with mango coconut water.

GREEN (d/f) spinach, celery, avocado, apple, banana & apple coconut water.

TROPICAL (d/f) pineapple, passionfruit, mango & mango coconut water.

MILKSHAKES & FRAPPES

CHOOSE YOUR FLAVOUR

- CHOCOLATE - STRAWBERRY - CARAMEL - VANILLA - BANANA -

add a shot of espresso to your chocolate for a mocha +50cents

MILKSHAKE IT...\$7.00 Choose your flavour, ice-cream & milk (MAKE IT A THICKSHAKE +\$2).

BLENDED FRAPPE \$7.50 ice, ice-cream, milk & fresh whipped cream.

JAMAICAN ME CRAZY \$7.50 a banana milkshake with a shot of espresso.

TRADITIONAL ICED... \$7.00 Choose your flavour, ice-cream, milk & fresh whipped cream.



FRESH PRESSED JUICE

(made to order)

\$9



ORGANIC | SINGLE ORIGIN | MEXICO

CHOOSE YOUR BREW 8oz | Small

Cappuccino \$5.00

Flat White \$5.00

Latte \$5.00

Hot Chocolate \$5.00

Mocha \$5.00

Chai Latte \$5.00

Dirty Chai Latte \$5.00

Chilli Hot Chocolate \$5.00

Long Black \$4.00

Piccolo \$4.00

Macchiato \$4.00

Espresso \$3.50

AFFOGATO \$6.00

BABY-CCINO \$2.50

ON-ICE BREW Mason Jar | 12oz

Latte On Ice, double shot \$5.50

Long Black On Ice, double shot \$4.50

STICKY CHAI 8oz Cup / Small

Brewed Chai Latte \$5.50

+ + +

TEA for One \$4.50

Organic & Loose Leaf... BY TEA TONIC

English Breakfast Earl Grey Green Tea

Traditional Chai Licorice Lover Dandelion

Peppermint Chamomile G.L.E.W

(GLEW is a healing blend of lemongrass, ginger, echinacea & white tea)

HEALTH HIT LATTE 8oz Cup | Small \$5.50

Turmeric Latte a blend that is anti-inflammatory joint support.

Cacao Latte an energising blend of medicinal mushroom & cacao.

Blue Latte this spirulina blend is boosting your immunity.

Beetroot Latte your blend for longevity & vitality.

ADD ON'S

Upsize your coffee to 12oz t/a or mug + 50c

Upsize your coffee to 16oz t/a only + \$1.00

Dairy Free NOT Moo Alternatives 50c

MILK lab... Almond | Macadamia | Coconut | Lactose Free

Happy Happy Soy Boy | Alt. Dairy Co... Oat Milk

EXTRA SHOT 50c Organic & single origin from Mexico

DECAF 50c organic, single origin, fresh ground to order from Columbia

COLD or HOT MILK on the side add 50 cents

FLAVOUR SHOT, add 50 cents

Caramel | Hazelnut | Vanilla

...YOUR LOCAL ORGANIC CAFFEINE DEALER