

Healthy Body - Healthy Planet
That's our goal

ALL DAY MENU

Weekdays 7:30 – 3.00 -- BREAKFAST -- Weekends 8:00 – 4.00

HOUSE TOAST -8- (GF Option)

Grain Sourdough + house cultured butter Add house made preserves 1

EGGS ON TOAST on grain sourdough - 13- (Scrambled, Poached or Fried)

BUILD YOUR OWN- SIDES

'Hilltops' free-range egg -2.5-

Avocado smash + sprouts -5-

Bacon – 5-

Cured salmon -6

Smoked Meredith Valley goats' cheese -4-

Quinoa Tabouleh – 5-

House pickles – 5-

Sautéed Mushrooms + mixed nuts – 6-

Broccoli OR Asparagus with miso & furikake -6-

Sautéed kale & almonds -5-

FRUIT TOAST -12-

With house made butter, lemon verbena ricotta + local honey

GRANOLA -16- (VG)

With poached & fresh seasonal fruit and your choice of milk

COCONUT PANCAKES -18- (GF)

With blueberry gel, banana cream, cocoa-pecan crumble, fresh seasonal fruit.

BACON + EGG BAGEL -16-

With smoked aioli, rhubarb ketchup, blackjack cheddar, rocket.

Any food allergies? Let us know! We are happy to accommodate any dietary requests when possible. However, please note we are unable to guarantee food will be totally free of allergens.

BEETROOT & CARAWAY LOAF -17-

With asparagus, brussel sprouts, chilli & lime vegan cheese, hazelnuts & cashew crumble.

Add: Poached egg 2.5

SALMON SCRAMBLE -23- (GF Option)

With Smoked salmon, scrambled eggs, pickled fennel + onion, horseradish + herb yogurt, radish, caperberries, grain sourdough.

Add: Avocado mash + sprouts 5

SPRINGTIME BREAKY BOWL -22- (GF, VG)

Ras El hanout cauliflower + broccolini, harissa pumpkin puree, quinoa tabouleh, smashed avo, mixed herb salad, cucumber, pomegranate

Add: Poached egg 2.5

Bacon 5

Cured salmon 6

-- LUNCH --

BUILD YOUR OWN SALAD

Pick one protein, add one salad (or two half salads) -24-

- Duck rillettes, bagel crisp, kumquat marmalade (DF, GF)
- Chicken breast, romesco, shiso (DF, GF)
- Lamb shoulder, almond cream, dukkah & dill (DF, GF)
- Black angus beef, chimichurri (DF, GF)

Salad options

- Rocket, mesclun, roast capsicum, olives, tomato, radish, cucumber, lemon vinaigrette (VG)
- Baby spinach, quinoa, beetroot, orange, fennel, avocado and goat's cheese
- Asparagus, green beans, artichoke, cos lettuce, anchovy mayo, macadamia.
- Sweet potato, spiced cauliflower, kale, brown rice, cranberries (VG)

Vegetarian – Any two salads -16- Three salads -19-

Side Salad -8-

DF Dairy free

GF- Gluten Free

V- Vegetarian

VG-Vegan