

All Day Breakfast

Toast - Thick White, Thick Brown, Turkish, Sourdough, Seeded Sourdough, Raisin, Gluten Free \$4.00
(Spreads – Butter, Strawberry Jam, Peanut Butter, Vegemite, Honey, Marmalade, Cinnamon Sugar, Nutella)

Smashed Avocado on Toast (*add fetta cheese +\$2*) \$6.00

Banana Bread \$4.00

Mango & Coconut Bread \$5.00

Bircher Muesli \$6.00

Yoghurt – Passionfruit, Mixed Berry *or* Muesli \$6.00

Blueberry *or* Plain Bagel toasted with cream cheese, peanut butter *or* butter \$4.50

Scrambled Eggs *or* Boiled Eggs (your choice of toast) \$8.50
(Extras – bacon, avocado, ham, smoked salmon, tomato, fetta cheese)

Bacon & Egg on toasted Turkish (Mayo, BBQ *or* tomato sauce) \$6.50

BLT (bacon, lettuce & tomato) on toasted Turkish \$6.50

Spinach, Scrambled Egg & Fetta Wrap \$6.50

Scrambled Egg & Bacon Wrap \$6.50

Ham & Cheese Croissant \$6.00

Jam & Butter Croissant \$4.00

Nutella Croissant \$5.00

Almond Croissant \$5.00

Selection of fresh muffins \$4.50

Ham, cheese & tomato toasted sandwich \$7.00

Spinach & Pumpkin Frittata (GF) \$8.50

Chorizo & Potato Frittata (GF) \$8.50

Bacon & Corn Frittata (GF) \$8.50

Sandwiches

Tuna Sandwich (*with* avocado, lettuce, tomato, mayonnaise) \$10.00

Grilled Chicken Breast Sandwich (*with* avocado, cheese, peri-peri sauce) \$10.50

Smoked Salmon Sandwich (*with* cream cheese, avocado, tomato, rocket) \$12.50

Spanish Jamon Serrano Sandwich (*with* cheese, tomato, rocket, olive oil) \$12.50

Breakfast Beverages

Fresh Squeezed Orange Juice \$8.00

Breakfast Smoothie (*with* granola, Greek yoghurt, milk, honey, banana *or* mixed berries) \$8.00

Lunch

Hot Soups – served with bread toasted or fresh 7.50

Chorizo Minestrone, Thai Creamy Chicken, or Nepalese Lentil (V)(GF)

Fresh Salads 10.00

Chicken Penne Basil

celery, sun dried tomato, Parmesan cheese (contains gluten and dairy)

Lentil, quinoa & kale (V)

sun dried tomato, kale, chick peas, couscous, red quinoa, lentil quinoa, Dijon mustard

Edamame, freekeh & kale with coriander dressing (V)

lentils, pepitas, seeded mustard, hot English mustard

Frittata 8.50

Spinach & Pumpkin (GF), Chorizo & Potato (GF), or Bacon & Corn (GF)

Gourmet Sandwiches – made to order on your choice of bread

Tuna 10.00
avocado, mixed lettuce leaves, fresh tomato, mayonnaise

Grilled Chicken Breast 10.50
avocado, cheese & peri-peri sauce

Smoked Salmon 12.50
cream cheese, avocado, fresh tomato, rocket

Spanish Jamon Serrano 12.50
tasty cheese, fresh tomato, rocket, olive oil

Gluten Free Bread Available

Sandwiches 9.50

Chicken Walnut
chicken breast, mayonnaise, dill, celery, walnuts & rocket

Chicken Bacon Club Baguette
chicken breast, avocado spread, mayonnaise, crispy bacon, tomato & lettuce

Chicken Schnitzel
crumbed chicken breast, herb mayonnaise, fresh tomato & mixed leaf lettuce

Falafel & Tabouli Tortilla (V)
falafel, hummus, tabouli, tomato, sweet chilli sauce, carrot & mixed lettuce