
Summer

Brunch:

~ Please let our friendly staff know of any allergies and intolerances

Brunch Bruschetta 14.00

Organic ciabatta or gluten free toast topped with avo, heirloom tomatoes, basil, fetta and balsamic glaze - GFO, DFO, V, VeganO
Add bacon or poached eggs + 4.00

House Bircher Muesli 14.0

Gluten free bircher muesli soaked in organic apple juice served with raspberry blitz, smashed mango & coconut -GF, Vegan

Egg & Bacon Roll 12.00

Turkish or gluten free roll with two pieces of shortcut bacon, Forest Dam Pastoral Co. free range fried eggs & Mum's house made zucchini relish -GFO, DF, LF
Add: sliced tomato/ baby spinach/ tasty cheese + 2.00
Double Bacon + 4.00

Build Your Own 14.00

Base: Organic white sourdough/ organic wholegrain sourdough / gluten free bread
Eggs your way: 2 Poached/ 2 Fried/ Dairy Free Scrambled
Choose your sides: Field Mushroom/ wilted baby spinach/ truss tomatoes + 2.50 each
/sun dried tomato/ homemade zucchini relish
Short cut bacon/ Fetta / Halloumi + 4.00 each
Avocado / Smoked Salmon + 4.50 each

Imagine:

Local, organic produce in the form of deliciously simple snacks, meals and treats catered to all dietary requirements that provide something for everybody

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Asian Inspired Avocado Smash 20.00

Smashed avocado on organic sourdough or gluten free wholemeal with Asian salad and chilli sambal topped with poached eggs – GFO, V, VeganO
Add Bacon + 4.00

Pumpkin Smash 20.00

Roasted pumpkin smashed on organic sourdough with green medley of broccolini, rocket & heirloom tomatoes with Salsa Verde, dukkha & grilled haloumi -GFO, DFO, V, VeganO
Add Bacon or poached eggs + 4.00

Passionfruit Panna Cotta 17.00

Vanilla coconut panna cotta with fresh passionfruit, mixed fruits, berry chia jam & Humpercrunch muesli - GF, Vegan

Key:

GF: Gluten free, GFO: Gluten free option, V: Vegetarian, VO: Vegetarian option, Vegan: Vegan, VeganO: Vegan Option, LFO: Low FODMAP Option
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More on the lunch side:

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Chicken Chipotle Tacos 19.00
2 soft corn tortillas with avocado, chipotle marinated chicken & slaw with fresh lime and coriander – GF

Salmon & Zucchini Fritters 20.00
House zucchini fritter stack with coconut tzatziki, smoked salmon & crunchy green medley of broccolini, spinach, avocado & toasted almonds – GF, DF, VO
Add Bacon + 4.00

Nourish Me Bowl 18.00
Turmeric cauliflower, broccolini, spinach, pickled cabbage, spinach & avocado on brown rice with kewipi mayo - GF, V, DFO, VeganO
Add Smoked salmon or poached egg + 4.00

Pan fried Summer Pasta 19.50
Blistered cherry tomatoes, mushrooms and spinach in a white wine sauce tossed through gluten free fettuccini with parmesan - GF, V, DFO, VeganO
Add bacon or poached chicken + 4.00

Soup of the day 10.00
See your friendly waiter for specials. Served with toasted sourdough or gluten free bread - GFO, V

Risotto 20.00
See your friendly waiter for specials - GF, DFO, VeganO
Add: Poached chicken + 4.00

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RH Burgers 20.00
Beef **OR** vegan pumpkin & chickpea patty
On Turkish or gluten free roll with avocado, fresh tomato, spinach & red onion served with baked sweet potato rounds - GFO, DF
Add bacon + 4.00
Add Cheese + 2.00

Acai Bowl 14.00
Organic mixed berries, acai pure and coconut milk whipped to make the Perfect cold bowl, topped with Humpercrunch muesli, fresh fruit & seeds - GF, Vegan

Please see our cabinet of house made frittata, zucchini & bacon slice, focaccias & salads. We also have a selection of intolerant friendly & health conscious treats for your dessert

Kids bites:

Egg & Bacon
Eggs (poached, scrambled or fried) & Bacon on white sourdough -GFO, DF

Toastie
White sourdough toasted with chicken & cheese or ham, cheese & tomato - GFO 10.0

Pancake
One fluffy gluten free banana pancake served with strawberries, maple and vanilla ice cream – GF, DFO

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