
Autumn

Brunch

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

A Bit of everything

Mini avo smash & poached egg on sourdough or gf toast + Humpercrunch muesli, coyo & fruit + vegan house waffle & maple with a mini orange juice GFO, DFO, V, VeganO 25.00
Everyone loves bacon + 4.50

Chia bliss

Raspberry & vanilla infused chia pudding topped with chai poached pear & seeds -GF, Vegan 15.0

The staple Egg & Bacon Roll

Turkish or gluten free roll with two pieces of shortcut bacon, 2 fried eggs & house zucchini relish -GFO, DF 12.00
Add: sliced tomato/ baby spinach/ tasty cheese + 2.00each
Famished? Double bacon or eggs + 4.50each
Add avocado + 5.00

Build Your Own

Base: 2 pieces Organic white sourdough/ organic wholegrain sourdough / gluten free toast 14.00
Eggs your way: 2 Poached/ 2 Fried/ Dairy Free Scrambled
Choose your sides: Field Mushroom/ Wilted baby spinach/ Grilled tomatoes + 3.00 each
/ House zucchini relish
Short cut bacon / Fetta / Halloumi + 4.50 each
Avocado / Beef Brisket + 5.00 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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An avo a day..

Smashed avocado on organic sourdough or gluten free wholemeal with red pepper pesto, edamame, radish and poached eggs – GFO, V, VeganO 22.00
Everyone loves bacon + 4.50

Big, Big Breakfast

2 eggs, cooked your way on sourdough or gluten free toast with wilted spinach, field mushrooms, tomato, bacon, haloumi and Merchant Family Butcher beef brisket - GFO 25.00
Famished? Double bacon or eggs + 4.50

Buenos dias

2 toasted corn tacos with tomato salsa, black beans, chilli scrambled eggs, jalapeños, lime and greens - GF, DF 19.00
Feeling hungry? Add a third + 5.00

When life gives you lemons, make French toast

French toast cooked to perfection and topped with our house lemon curd & crushed meringue – GFO, V 22.00
Everyone loves bacon + 4.00

Kimchi & cauliflower tacos

2 soft tacos with turmeric roasted cauliflower, pink kimchi, coconut sambal & Asian greens – Vegan, GF + 6.00
Get beefed, with pulled beef brisket

Toast

2 pieces Organic white sourdough/ organic wholegrain sourdough / gluten free toast with your choice of spread: + 8.00
Butter / nuttlex / Vegemite / peanut butter / strawberry jam

Autumn

Eat your greens	22.00
Green medley of quinoa, krispy kale, roast zucchini, avocado & broccolini topped with toasted almonds and house ginger vinaigrette – GF, Vegan	
Need protein? Add Haloumi, poached eggs or bacon	+ 4.50
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Fresh Mex bowl	22.00
A bowl packed with brown rice, chipotle beans, house salsa, avocado, jalapeños, crisp lettuce & corn chips – GF, Vegan	
Get beefed, with pulled beef brisket	+ 6.00
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Beetroot & walnut gnocchi	21.00
Gluten free beetroot gnocchi with broccolini, fetta & walnut in white wine & sage reduction - GF, V, DFO, VeganO	
A little extra protein? add poached chicken	+ 4.00
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Soup of the day	12.00
See your friendly waiter for specials. Served with toasted sourdough or gluten free bread - GFO, Vegan	
Let us know if you would like butter or nuttlex with your toast	
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Risotto	20.00
See your friendly waiter for specials - GF, DFO, VeganO	
A little extra protein? add poached chicken	+ 4.00
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Veggie burger	22.00
House pumpkin & chickpea patty with avocado, fresh tomato, spinach, red onion & beetroot relish served with baked sweet potato chips- GFO, Vegan	
Feel like meat? Add bacon	+ 4.50
& Cheese if you like	+ 2.00
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Moroccan grilled chicken burger	23.00
Marinated chicken breast, grilled and layered with avocado, tomato tasty cheese and lettuce with baked sweet potato chips - GFO,DFO	
Everyone loves bacon	+ 4.50

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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: 10.00

Egg & Bacon

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

Toastie

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

French Toast

One piece of sourdough or gluten free French toast with fruit, maple and vanilla ice cream – GFO, DFO, V

Our locals featured here:

Merchant Family Butchers

Gippsland Free Range Eggs

Delores Butterball

The Nut Bloke -Humpercrunch

Grand Ridge Organics

Grounded Pleasures

Key:

GF: Gluten free, GFO: Gluten free option, V: Vegetarian, VO: Vegetarian option, Vegan: Vegan, VeganO: Vegan Option, LFO: Low FODMAP Option

*1.4% surcharge on card payments

*15% surcharge on public holidays