

# ALL DAY BRUNCH 8am-2.30pm

## Toast (vv, gfo)

Sonoma organic white, soy linseed, rye sourdough, or walnut raisin served with Pepe Saya cultured butter and choice of: - Strawberry Jam - Peanut Butter - Vegemite - Choc hazelnut spread | **\$6.9**

## Eggs Benedict (gfo)

2 free range organic 63° poached eggs, spinach, asparagus and hollandaise served on thick cut organic brioche with your choice of double smoked salmon, streaky bacon, or double smoked ham off-the-bone | **\$23**

### VEGAN OPTION

Using home-made plant based poached eggs, bacon and hollandaise on sourdough (VV)

## Free Range Eggs on Toast (v, gfo)

2 free range eggs - 63° poached, scrambled, or fried on grilled organic sourdough toast | **\$15**

## Crab Omelette

Spanner crab omelette, okonomiyaki, crispy shallots, chilli oil, and aioli, topped with cilantro, served with a toasted roti paratha | **\$23**

## Mediterranean Big Breakfast (gfo)

2 free range organic 63° poached eggs, double rasher bacon, grilled haloumi, roasted cherry tomatoes, grilled flat mushroom, marinated avocado, sumac and lemon spiced labneh, pickled turnips, and toasted organic sourdough | **\$31**

### VEGAN OPTION

Using home-made plant based poached eggs, bacon, fetta and coconut based sumac and lemon spiced labneh (VV)

## Gallen's Protein Salad (gf)

Grilled peri peri chicken, grilled flat mushroom, sauteed organic quinoa, roasted Japanese pumpkin, beetroot and sweet potato crisps, edamame beans, roasted chickpeas, and beetroot hummus | **\$25**

### VEGAN OPTION

Using plant based chicken schnitzel (VV) - contains gluten

## Pea Fritters

Savoury grilled pea and herb fritters with smoked salmon, chilli oil, cilantro, cucumber ribbons and a 63° poached egg | **\$21**

VEGAN OPTION using plant based prawns and home made plant based poached egg

## Granola Bowl (vv, gf)

House made vanilla bean panna cotta with spiced granola, passionfruit curd, morello cherries, seasonal fruits, and coconut taro milk | **\$21**

## Truffle Mushroom Bruschetta (v)

Assorted organic medley forest mushrooms and kale cooked in white wine, fresh herbs and garlic, drizzled with black truffle and served with grated vintage cheddar and free range 63° poached egg on toasted organic sourdough | **\$23**

VEGAN OPTION w plant based home made poached egg and cheddar (VV)

## Smashed Avo (v, gfo)

with miso dressing, whipped fetta, chimichurri, pomegranate pearls, heirloom tomatoes, topped with home made dukkah and crushed almonds, and a 63° poached egg on toasted organic sourdough | **\$21**

VEGAN OPTION using housemade plant based poached egg and plant based fetta (VV)



## Acai Bowl (vv, gf)

Brazilian soft serve acai topped with seasonal fresh fruits, maple spelt granola, goji berries, chia seeds, and coconut chips

**Regular \$18 Large \$22**

### **Add**

Biscoff Spread 2

Almond Butter 2

Peanut Butter 1

Passionfruit 1

## Taro Pancake (vv, gf)

Organic taro pancakes served with macadamia crumble, rum infused banana jam, roast shredded coconut, burnt butter caramel sauce and vanilla coconut ice cream topped with fresh berries and freeze dried berries | **\$26**

# SIDES

Marinated avocado	\$4
Spinach	\$5
Haloumi	\$6
Hollandaise	\$4
Caramelised Onions	\$3
House Made Hash Brown	\$5
Forest Mushrooms	\$6
Roasted medley tomatoes	\$5
Bacon	\$5
Grilled Spanish Chorizo	\$6
Atlantic A-Grade Smoked Salmon	\$6
Bowl of chips with taco salt	\$9
Sweet Potato Chips with aioli	\$12
Haloumi Fries with tomato jam	\$12

## Labneh Chilli Eggs (gfo)

Spicy house made sumac and lemon spiced labneh, roast cherry tomatoes, spiced chorizo, fire roast peppers, 2 free range 63° poached eggs and house made Pepe Saya ghee served with toasted za'atar sourdough | **\$25**

## Breakfast Tacos (x3)

12 hour braised beef short rib, free range organic fried eggs, cucumber salsa, avocado cream and Mexican chipotle sauce in soft tortillas | **\$26**

### VEGAN OPTION

Using plant based fried eggs, pulled bbq jackfruit, and house Mexican chipotle sauce (VV)

## Mushroom Croquette (v)

with manchego cheese, organic forest mushrooms, truffle, spinach, crispy potato nest, and chive aioli | **\$25**

# SANDWICHES & BURGERS

## Bacon, Egg and Hash Brown Roll

2 free range fried eggs, streaky bacon, house made hash brown, melted cheese and tomato chutney served in an organic milk bun | **\$15**

**Add** avocado 4 | caramelised onions 3

### VEGAN OPTION + 2

Using plant based bacon, fried egg, cheese in an organic potato bun (VV)

## Croque Madame (gfo)

Layers of premium ham off the bone, Gruyère cheese, Dijon mustard, chives, topped with béchamel, shaved parmesan, and a fried egg in a toasted organic Sonoma sourdough | **\$19**

**Add** thick cut potato chips 5

## Reuben Sandwich (gfo)

Housemade thick cut tender pastrami, sauerkraut, Russian dressing, and melted Swiss cheese on toasted organic sourdough | **\$23**

**Add** thick cut potato chips 5

VEGAN OPTION using plant based deli pastrami, russian dressing and cheese (VV)

## Nashville Chicken Schnitzel Sandwich

Tender chicken breast golden fried in a signature spicy Nashville sauce, creamy mayo, tangy pickles, and pickled slaw served in an organic milk bun | **\$21**

**Add** thick cut potato chips 5 | bacon 5

# KIDS

**Acai Bowl (gf,vv)** - served with granola and seasonal fruits | **\$9**

**Scrambled Eggs and Hashbrown (v)** - served with white toast and pepe saya butter | **\$12**

**Chicken Tenders** - served with sweet potato chips or thick cut chips | **\$12**

Vegan Option using plant based nuggets (VV)

**Pancakes (v)** - served with macadamia crumble, seasonal fruits, ice cream, maple | **\$12**

5% Surcharge Saturday (vv) vegan - (v) veg - (gfo) gluten free option - (gf) gluten free  
12% Surcharge Sunday Please advise staff of any allergies or dietary requirements  
15% Public Holidays gf may not be suitable for coeliacs due to risk of cross contamination

# COFFEE

	S	M	L (in t/a cup)
Short black	4.0	-	-
Piccolo/Macchiato	4.0	-	-
Long Black	4.5	5.5	6.5
Flat white/Latte/Cappuccino	4.5	5.5	6.5
Hot Chocolate	4.5	5.5	6.5
<b>Extras</b>			
Extra shot	0.6		
Almond   Soy   Lactose Free	1.0		
Oat   Coconut   Honey			
Hazelnut   Caramel   Vanilla Syrup	0.6		

# ICED DRINKS \$8.5

Pink Lemonade | Coffee | Chocolate | Mocha | Matcha | Chai | Turmeric

# TEA Bodhi Certified Organic \$5.5

Sticky Chai | English Breakfast | French Earl Grey | Japanese Sencha | Lemongrass & Ginger

# SPICED LATTES S M L \$5 | \$6 | \$7

Turmeric  
**Benefits:** improves digestion, boosts immunity, and promotes weight loss.

Matcha  
**Benefits:** Boosts metabolism, enhances memory, and increases relaxation.

Rooibos  
**Benefits:** Helps with skin and hair health, helps with digestion, and inflammation.

Chai  
**Benefits:** Boosts energy, and immunity, improves metabolism, and prevents bloating,

Beetroot Cocoa  
**Benefits:** Helps with digestion, helps in pregnancy, and reduces hair fall

Taro  
**Benefits:** Improves function of digestive system and contributes to healthy weight loss

# COLD PRESSED JUICE \$9.0

**Sunsoaker**  
Watermelon, Pineapple, Orange, Passifruit

**Healer**  
Carrot, Orange, Ginger, Lemon, Aloe Vera

**Supergreens**  
Kale, Celery, Ginger, Cucumber, Apple

# SMOOTHIES \$12

**Breakfast (vv, gf)**  
Medjool dates, banana, peanut butter, cocoa, cinnamon, protein powder, MCT oil and almond milk

**Powerhouse (vv, gf)**  
Spirulina, banana, organic vanilla bean paste, vanilla protein, chia seeds, and coconut milk

**Strawberry Dream (vv, gf)**  
Strawberries, banana, almond butter, betroot cocoa powder, chia seeds, medjool dates, vanilla protein powder, and coconut milk

**Acai (vv, gf)**  
Organic acai, fresh banana and coconut water

# MILKSHAKES \$9.0

Using premium vanilla-bean ice cream

**Banana | Chocolate | Vanilla | Caramel | Strawberry**

# VEGAN MILKSHAKES \$9.0

Using premium coconut based ice cream and soy milk

**Banana | Chocolate | Vanilla | Strawberry**

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# WINE AND BEER

**Breakfast Mimosa** \$15  
Cold pressed orange juice, juice florett, and Hunter Valley Prosecco

<u>Sparkling &amp; Champagne</u>	Glass	Bottle
Gancia Prosecco Doc Brut, Italy	12	55
Martini Sparkling Prosecco, Italy	11	50
Moet&Chandon Imperial, Champagne		120
Peter Drayton Sparkling, Hunter Valley	11	50

<u>White Wine</u>		
Sequent Riesling, Clare Valley		60
Peter Drayton Chardonnay, Hunter Valley	9	40
821 South Marlborough Sauvignon Blanc, NZ	9	40

<u>Red Wine</u>		
Peter Drayton Shiraz, Hunter Valley	9	40
Peter Drayton Tempranillo, Hunter Valley	9	40
Tomich Woodside Pinot Noir, Adelaide Hills	14	75

<u>Beer</u>	
Asahi Super Dry	11
Corona Extra	11
Carlton Zero	9
Heineken Zero	9

# SOFT DRINKS

Soft Drinks 6  
300ml glass

Red Bull 5

Ginger Beer 8.50  
200ml glass

Cocktail Cans 9

San Pelligrino Sparkling 1L 12

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