

ALL DAY BRUNCH 7am-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

Choc Hazelnut Spread 1

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
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

Extras

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 \$5.0

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

SPICED LATTES S M L \$4.5 | \$5.5 | \$6.5

Turmeric
Smooth bodied and laced with the mellow sweetness of ginger and cinnamon.
Benefits: improves digestion, boosts immunity, and promotes weight loss.

Matcha
From the tea fields of Japan, the Matcha has a special umami flavour.
Benefits: Boosts metabolism, enhances memory, and increases relaxation.

Rooibos
From the fields of South Africa, this full-bodied brew has a gentle nutty flavour.
Benefits: Helps with skin and hair health, helps with digestion, and inflammation.

Chai
From India, the chai mix is a complex, spicy, and incredibly tasting signature blend.
Benefits: Boosts energy, and immunity, improves metabolism, and prevents bloating,

Beetroot Cocoa
A rich and velvety brew, the botanical beetroot flavour melds deliciously with cocoa, finishing with a warming ginger kick.
Benefits: A good source of calcium, iron, and potassium

Taro
From South-East Asia, this root vegetable blend allows you to enjoy the softly sweet and nutty flavours with a ginger tinge.
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, coconut flakes, beetroot cocoa powder, chia seeds, medjool dates, vanilla protein powder, and coconut milk

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

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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

SOFT DRINKS

Cold brew black \$7

'Spro tonic \$7
Sparkling coffee with natural orange sweetness

Oat milk latte \$7

Wild One Juice \$6
350ml glass

Add+ Water \$4.5

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