



breakfast 8 - 10am

\$25 drinks not included
GF bread option available

superfood chia seed bowl

chia seeds in coconut cream | homemade granola (contains oats) | toasted coconut | choice of mango or berry (vg, df, raw, nuts) (GF option available)

caramel french toast with banana

french toast | banana | almonds/coconut | caramel | berry compote (ve)

nutrition bowl

two free range eggs | baked kumara | sauteed silverbeet | grains | ferment | basil pesto sauce | dukkah (ve,gf,df) (vg option: scrambled tofu)

homemade rosti

two free range poached eggs | homemade rosti | grilled mushrooms | spinach | mashed avocado | sundried tomato hummus | dukkah | green goddess | choice of bacon, halloumi, or sausage (gf, df)

the keto

two free range eggs your way served on baked kumara | grilled mushrooms | mashed avocado | kale | sundried tomato hummus | green goddess | choice bacon or halloumi or sausage (gf, df, ve)

mediterranean delight

Two poached eggs | sourdough bread | cherry tomatoes | mashed avocado | feta | greens | dukkah | bacon or halloumi | balsamic dressing (gf option available)

tasty additions

add for \$8: 2 eggs your way | bacon | halloumi | sausage | cold smoked salmon

add for \$5: grilled mushrooms | homemade sourdough bread | green salad | homemade rosti

eggs your way | homemade sourdough bread | choice of bacon or halloumi

french toast | banana | nuts | caramel | berry compote

glass of juice apple | apple peach | apple pear | orange

kids \$15

\$6

(ve=vegetarian, vg=vegan, df=dairy free, gf=gluten free)

