



Breakfast

available from 8–10am
drinks not included

homemade gf muesli [df, v, gf]

a mixture of nuts and seeds served with apple sultana compote and coconut yoghurt, with your choice of milk. contains nuts

french toast [df, vg]

french toast with coconut yoghurt, berry ginger compote and pear chips.

middle eastern toast* [df, vg]

house made beetroot relish and labneh, poached eggs, spinach and dukkha on toasted sourdough.

spinach soft taco [gf, vg]

black bean salsa, crispy black beans, pea hummus served in house-made red lentil and spinach soft taco shell and cheese, served with a choice of chorizo or scrambled tofu.

breakfast stack* [vg]

two poached eggs, sourdough bread, avocado mash, feta, sundried tomatoes, greens, and sprouts, dukkah, balsamic dressing, your choice of bacon or halloumi.

nourish plate [v,df,gf]

poached eggs, gluten free bread, pea hummus, grilled mushrooms, mesclun salad, house-made sauerkraut, dukkha. **option of scrambled tofu**

kumara and greens bowl [vg,df,gf]

roasted kumara, kale, mushrooms, onions, garlic, dukkha, sauerkraut.

*gluten free bread available on request

Tasty additions

add for \$8 – bacon | halloumi | cold smoked salmon

add for \$5 –sourdough bread | salad

Kids menu \$15

one egg your way, house-made sourdough bread, choice of bacon or halloumi

french toast with coconut yoghurt, berry ginger compote and pear chips

our small team work hard to make our set menu amazing so changes to dishes are not always available

v = vegetarian | vg = vegan | df = dairy free | gf = gluten free

*Please advise the waiting team if you have any allergies