



## BREAKFAST AND LUNCH ALL DAY

### TOAST

Sourdough // Grain // Rye // Fruit // GF + your choice of accompaniments or spreads, let us know

- 7

### EGGS YOUR WAY

Eggs how you like them, poached, scrambled or fried, on your choice of toast

- 10

### YOUR FRIENDLY NEIGHBOURHOOD MUSELI (v, ve, gf)

Grain free granola supplied by the health nerds next door, Paleo Pure. Served with coconut yoghurt and seasonal fruit

- 16

### SMASHED AVO (v, veo, gfo)

Smashed avocado, fetta, dukkha, grilled asparagus, beetroot and dill emulsion

- 17.5

Add poached egg - 20.5

### VEGAN TOFU SCRAMBLE (v, ve, gfo)

Silken tofu in a soy, ginger, sesame reduction with field mushrooms, kale, capsicum, chilli and fresh herbs on rye

- 19.5

### OLD MATE RUBEN THE REUBEN IS BACK (gfo)

House smoked brisket, piled high and toasted between rye bread, with swiss cheese, sauerkraut and thousand island dressing. Served with some crisps and a pickle

- 21

### SUMAK + MINT PRAWN SALAD (gf)

Grilled prawns with pomegranate, fennel, rocket, cherry tomatoes, avocado, halloumi with lemon and lime citrus dressing

-24

### PAN FRIED POTATO GNOCCHI (v)

Roasted pumpkin puree, grilled asparagus, garlic and basil oil and fresh ricotta

- 22

Add poached egg – 25

### SMOKED BRISKET TACO (gfo)

Fried eggs on our smoked brisket, black bean salsa, smashed avocado, tasty cheese, sour cream and jalapenos, served in a corn tortilla

- 20

### **RISOTTO, PRAWN STYLE (gf)**

With asparagus and peas, infused with lemon and dill and finished with mascarpone  
- 26

### **BIG 'OL BOWL OF VEGAN STUFF (ve, v, gf)**

Fresh spinach leaves, quinoa, raw shaved beetroot, raw zucchini noodles, avocado, pomegranate, almonds and hummus

- 19.50

Add halloumi or poached egg – 22.50

### **SWEETIE (v)**

Toasted banana bread with Italian coffee custard, caramelised banana, fresh strawberry, maple syrup and shaved almonds

- 18

### **SIDES ON SIDES**

3 - Egg

4 - Spinach // tomato

5 - Avocado // halloumi // bacon // chorizo

v = vegetarian // ve = vegan // veo = vegan option available // gf = gluten free // gfo = gluten free option available

## **DRINKS**

### **COFFEE**

House blend supplied in partnership with Your Coffee.

Tasting notes of sweet orange, plum and brown sugar.

Interested in Single Origin offerings? Ask the staff what's up.

Bonsoy, milk lab almond milk, minor figures oat milk – 0.6

### **NOT SO COFFEE**

Chai leaves supplied by Mad as a Hatter (better than prana if you ask us) – 4.5

Hot choccy – 4

Fresh orange juice – 7

Milkshakes (choccy, strawb, caramel, vanilla, lime) – 6.5

San Pellegrino (lemon, orange, blood orange, chinotto, mineral) – 4

Big 'ol bottle of San Pellegrino sparkling - 6

