

**BREAKFAST
BRUNCH**

available till 11:00, Monday to Friday
available till 2:30, Saturday and Sunday

SWEET

Fruit Salad V G 12.9

A selection of seasonal cut fruits, sourced organically where possible, served with a refreshing lemon sorbet

Bircher Muesli 12.9

A tower of layered oats, fruit and nuts soaked for 24 hours in cloudy juice and a2 milk, served with Rose and cinnamon poached apple and pear, topped with yoghurt and blueberry compote.

TOAST

Organic Sourdough Toast V 4.9

3 slices served with butter and your choice of jam, honey or vegemite

Organic Quinoa & Soya Toast V 5.9

3 slices served with butter and your choice of jam, honey or vegemite

Ancient Grains Fruit Toast 6.9

3 slices of Organic Mari breakfast bread containing fruit, nuts, and seeds with the benefits of oat bran, served with butter

Portabello Mushrooms on Toast V 9.9

Crumbed in paprika, garlic and dill, finished on a char-grill, served on organic Quinoa and Soya toast

Brioche French Toast 14.9

- with bacon and Canadian maple syrup, or
- with butterscotch and banana, or
- with Rose and cinnamon poached apple and pear, with mascarpone

EGG

Spinach & Feta Omelette 14.9

A mix of free range eggs and cream, seasoned and pan cooked, gently folded over feta and baby spinach, served on sourdough toast

Grand Omelette 15.9

A mix of free range eggs and cream, seasoned and pan cooked, gently folded over chorizo sausage, Spanish onion, tomato and provolone served on sourdough toast

Eggs on Toast 10.9

Free range eggs as desired, with Roma tomato, served on sourdough toast

Bacon and Eggs 12.9

Free range eggs as desired, with bacon and Roma tomato, served on sourdough toast

Green Eggs & Ham 14.9

Ham, baby spinach and fried free range eggs, drizzled with a light pesto oil, served on organic Panini

*10% weekend surcharge applies

*17% Public Holiday surcharge applies

Scrambled Silken Tofu	12.9
Combined with free range eggs, garlic and herbs, served with roasted Roma tomato and organic sourdough toast	
Eggs Benedict	13.9
Poached free range eggs and Soccer Ball ham topped with Hollandaise sauce, served on organic Panini	
Scrambled Salmon	15.9
Free range scrambled eggs infused with dill, topped with smoked salmon and roast tomato, served on organic sourdough toast	

SAVOURY

Classic Bruschetta <u>V</u>	10.9
Roma tomato, Spanish onion, fresh basil, extra virgin olive oil and balsamic blend served on thick cut organic Quinoa & Soya toast with avocado	
Olive Bruschetta	10.9
Roma tomato & Haloumi with Spanish onion, fresh basil, extra virgin olive oil and balsamic blend served on organic Quinoa and Soya toast spread with an olive tapenade	
Home-made Baked Beans <u>V</u>	13.9
A medley of beans and vegetables cooked up in our rich smoky tomato sauce, served on sourdough toast	
Crossfit breakfast <u>G</u>	14.9
Poached free range eggs with spinach, mushrooms, avocado, sliced apple and almond spread	
Vegan Breakfast Stack <u>V</u>	15.9
Layered potato rosti, marinated eggplant, zucchini, tofu, spinach and roast tomato, drizzled with a light pesto oil	
Royale	16.9
Smoked Atlantic salmon and baby spinach stacked with potato, dill & Spanish onion rosti, topped with a poached free range egg and a light lemon vinaigrette	
Urban Breakfast	26.9
Free range eggs as desired, with bacon, chorizo, mushrooms, baby spinach, potato rosti, grilled haloumi, Roma tomato and Hollandaise sauce, served on sourdough toast	
Takeaway Tradie's (TAKEAWAY ONLY)	7.9
Fried bacon and egg with cheese and bbq sauce on a toasted roll	

BREAKFAST COMPLIMENTS

• Home-made bbq sauce • Hollandaise sauce	2.0
• Bacon • Baby spinach • Mushrooms • Avocado • Poached or fried egg	3.0
• Chorizo sausage • Potato rosti • Roast vegetables	
• Grilled haloumi • Smoked salmon • Baked beans	4.0

V Vegetarian

G Gluten free, Gluten free bread available on request

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