

Winter Menu 2017

Served until 2pm. Please order at the counter when ready.

Our main menu dishes are free from gluten, refined sugar & dairy

P – Paleo

V – Vegan

VEG – Vegetarian

House made nutty granola / nuts, seeds & spices bound by apple sauce, maple & coconut oil, oven baked & served w almond milk **P V** 13

- add coconut yoghurt **P V** 3

- add organic vanilla slow-poached prunes from Young **V** 3

Hot steel-cut organic pin head oat porridge w butter, vanilla & served w raw honey, cinnamon roasted Kanzi apple & rhubarb **VEG** 13

Coconut flour pancakes w fresh banana, blackberry drizzle, honey & whipped vanilla coconut cream **VEG P** 19

Bacon & eggs / locally cured Jordos' Chop Shop bacon w two free range eggs cooked your way, grilled vine-ripened tomato & one slice of Paleo toast ***note** – please ask our staff if you wish to have local 3 Mills bread instead **P** 20

Vegan oven baked polenta wedges / topped w mushroom, cauliflower & pumpkin ragout, toasted hazelnuts, sage & cashew cream **V** 19

- add sautéed garlic kale & almond in coconut oil **P V** 5

Warmed Nordic Stone Age bread w LSA crumbed Freemantle sardines, beetroot & pumpkin seed pesto & poached eggs **P** 23

Zucchini & pea almond meal fritters with smashed avocado, Kasundi tomato relish and grilled bacon 19

- add eggs cooked your way 6

Paleo open steak sandwich / toasted paleo bread, lettuce, fresh truss tomato, oven baked beetroot, flash fried marbled beef brisket w egg, pickled red onion, house barbecue sauce & toasted seeds **P** 20

Our green Vegan bowl / a tossed warm & raw salad of seasonal greens topped w avocado & lemon, ginger tahini dressing & buckwheat sesame granola **V** 19

Vegetarian plate / two eggs cooked your way, avocado, grilled or fresh tomato, haloumi w lemon, garlic mushies, homemade kimchi & Rozas' olive tapenade served w toasted turmeric happiness bread **VEG** 25

Primal plate / grilled lamb chop, Jordos' bacon & chorizo, two free range eggs cooked your way, garlic mushies, homemade pickled cabbage & avocado w Paleo toast & house chutney **P** 26

- add barbecued lambs' kidneys **P** 5

- add blood sausage **P** 5

Make a plate starts at \$2

One slice of almond Paleo toast 5 LSA crumbed Fremantle sardines 7

One slice of 3 Mills toast 4 Fresh avocado 4

Two slices of 3 Mills toast 6 Garlic mushies 5

Two free range eggs Poached / fried / scrambled 6 Grilled haloumi & lemon 4

2 rashers Jordos' local bacon 6 Grilled truss tomato 4

Barbecued lambs' kidneys 5 Fresh vine-ripened tomato w herb oil & dukkha 4

Fried blood sausage 5 Sautéed garlic kale & almonds in coconut oil 5

Two slices of local 3 Mills toast w Pepe Saya cultured butter white sourdough / 10 seed & grain / fruit bread 6

Two slices homemade almond & chia Paleo bread 8

Your choice of seasonal fruit jam / raw local honey / fresh peanut butter / vegemite 1