

Summer Menu 2018

Available from 7.30am - 2pm Wednesdays to Sundays

Our main menu dishes are free from gluten & refined sugar

Please order at the counter when ready

P – Paleo V – Vegan VEG – Vegetarian DF – Dairy Free

Chia & Coconut Bircher | chilled coconut & flax porridge w dates, raisins, apricots & raisins served w berry compote & toasted pecans **DF P V** 15

K & N Fruit & Nut Muesli | individually batch-toasted nuts & seeds w dried fruits & served w seasonal fresh fruit, almond milk & maple **DF P V** 14

- add coconut yoghurt 3
- add vanilla bean slow-poached prunes 3

Coconut Flour Pancakes | layered w fresh banana, blackberry drizzle, honey & whipped vanilla coconut cream **DF VEG P** 20

- add Jordos local bacon 6

Fancy Tomato On Toast | our own grilled carrot & zucchini bread topped w goats cheese, sliced vine-ripened tomato, toasted seeds & sumac **VEG** 15

- add two poached eggs 6

3 Egg Scramble | lovingly made w ghee & fresh cream served on one slice of Paleo toast & served w housemade pickled mushies
*please ask our staff if you would prefer local 3 Mills wheat & rye toast **VEG** 16

- add chorizo sausage 5

Bacon & Eggs | locally cured Jordos' Chop Shop bacon w two free range eggs cooked your way, grilled vine-ripened tomato & a slice of Paleo toast
*please ask our staff if you would prefer local 3 Mills toast **DF P** 20

- add smashed avocado 4

K & N Kickstart Bowl | cauliflower & broccoli rice stir fried in coconut oil w kale & almonds, topped w our own pickled cabbage, chilli jam, pickled ginger, buckwheat granola & two poached eggs **DF VEG** 20

- add smoked salmon 8
- made Vegan, swap out the eggs for garlic mushies **V**

Sweet Potato Rosti | smoked leg ham, poached eggs, smashed avocado, green herb oil & homemade tomato relish **DF P** 22

- add haloumi & lemon 4

Vegan Nourish Plate | miso roasted eggplant, maple & smoked paprika roasted pumpkin, avocado, green pea puree, fresh tomato w house dukkha, garlic mushies, kimchi & chargrilled vegies w pesto oil **DF V** 25

- add two poached eggs 6

Naked Carnivore Burger | pure beef pattie, grilled Portobello mushroom, chorizo, bacon, fresh truss tomato, beetroot, pickled zucchini, homemade barbecue sauce & sweet potato fries **DF** 25

- add a fried egg 3

Local 3 Mills toast w Pepe Saya cultured butter
white sourdough | wheat & rye | fruit bread One slice 4 Two slices 7

Homemade almond & chia Paleo loaf grilled in olive oil One slice 5 Two slices 9

All toast is served w one of the following –
seasonal fruit jam | raw honey | fresh peanut butter | vegemite Extra spread 1

SIDES

2 Hilltop free range eggs | cooked your way Kale w garlic & almonds sautéed
poached, fried or scrambled 6 in cold-pressed coconut oil 6

2 rashers Jordos Chop Shop Bacon 6 Garlic mushies 5

Jordos smoky chorizo 5 Grilled haloumi & lemon 4

Smoked salmon 8 Smashed avocado 4