

BREAKFAST

"the average adult daily energy intake is 8700kj"

toast - infinity sourdough bread 6 with your choice of jam, marmalade, honey, peanut butter or vegemite (sourdough, turkish, rye, white, raisin) gluten free add 2	bacon & egg roll 2150k 11 with a free range egg and free range bacon on a brioche bun or turkish bread deluxe add-hash brown, cheese, relish 15	big breakfast 3860kj 22 with 2 eggs, bacon, avocado, sausage, mushrooms, hash brown and toast
ham & cheese croissant 1420kj 11 made with free range ham and cheese toasted	eggs on toast 1690kj 11.5 2 free range eggs on toast (poached, fried or scrambled) add sides from 2.5	vegetarian breakfast 2660kj 20 with 2 eggs, baby spinach, avocado, mushrooms, grilled tomato, haloumi and toast
toasted muesli 2540kj 14 three beans toasted muesli with yoghurt, and seasonal fruit	eggs benedict 3340kj 14.5 poached eggs with hollandaise, spinach on toast with bacon 18, with salmon 19	pancakes 3830kj 18.5 with ice cream, honey roasted nuts, almonds, maple syrup, berry coulis and seasonal fruits
breakfast wrap 2760kj 14 made with 2 scrambled free range eggs, cheese, bacon, tomato relish and mixed leaves	chilli scrambled 1790kj 15 scrambled free range eggs with crispy chilli oil and marinated feta on sourdough	

BOWLS

SOMETHING ELSE

acai bowl 2550kj 🌿 17 acai berry blended with banana & coconut water topped with toasted granola, coconut and seasonal fruit add peanut butter 1.5	cheese melt 1980kj 11 on sourdough with our spicy tomato relish add avocado and chicken 6
green breakfast bowl 1420kj 🌿 19 with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg	smashed avocado with bush dust 2610kj 15.5 with native macadamia & finger lime bush dust, feta, and herbs served on sourdough rye add an egg 3.5, add bacon 5
japanese chicken bowl 1770kj 🌿 19 with brown rice, avocado, kale, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing	smashed avocado with grilled haloumi 2080kj 17.5 with grilled haloumi, pesto and semi dried tomatoes on toasted sourdough
superfood chop salad 2160kj 🌿 16 with cos, chickpeas, peas, avocado, toasted seeds, marinated feta and viniagrette add chicken 5	corn and zucchini fritters 1010kj 🌿 15.5 with spicy tomato relish, avocado and mixed leaves add a poached egg 3.5, add bacon 5

🌿 = made from gluten free ingredients but not in a gluten free kitchen

SANDWICHES

WRAPS

BURGERS

croque monsieur 1880kj 11 smoked free range ham, cheese, aioli toasted on turkish bread	classic chicken s/w 2010kj 15 with free range chicken, mayo, swiss cheese, tomato and salad on sourdough	pesto chicken 2460kj 15.5 poached chicken, basil mayonnaise, avocado and rocket served on sourdough
the schnitty 2200kj 12 chicken schnitzel, tomato, mixed leaves, mayonnaise served on turkish	salmon on rye 2140kj 17 smoked salmon, cream cheese, spinach, pickled onion and avocado on rye	beef burger 2540kj 15 100% beef pattie with cheese, pickled onions, greens, aioli, special burger sauce served on a brioche bun add fries 3.5
haloumi turkish 1940kj 15 grilled haloumi, fresh tomato, spinach and basil pesto on turkish bread	turkey and brie 2230kj 16 shaved turkey, brie, avocado, cranberry sauce and rocket on turkish bread	chicken burger 2530kj 15 crumbed chicken breast with tomato, avocado, sweet chilli, mayo and mixed leaves, served add fries 3.5

Sides

1 EGG, GRILLED TOMATO, HASH BROWN, AVOCADO, MUSHROOMS 3.5 HAM, POACHED CHICKEN, BACON 5. SMOKED SALMON 7 SPINACH 2.5 FRIES 981KJ WITH KETCHUP OR AIOLI 7.5

Please be aware the food we serve may contain egg, soy, tree nuts, peanuts, dairy. If you have any allergies please let the staff know

three beans

COFFEE

CHOCOLATE

TEA

coffee our own sustainable blend sourced from farmers we know and trust	S	4.5	malabar chai 910kj chai leaves brewed with milk, served with honey and cinnamon		6.5
	L	5.2			
	J	5.9			
chocolate our hot chocolates and mocchas are made with 40% cocoa	S	4.5	turmeric latte 727kj golden latte with all the spice	S	4.5
	L	5.2		L	5.5
	J	5.9	matcha latte 727kj green matcha latte	S	4.5
				L	5.5
extra shot/ bonsoy/ decaf/ almond/ flavour/ dirty chai		0.7	tea drop organic teas 2kj english breakfast, earl grey, chamomile, spring green, peppermint, lemongrass & ginger		4.8

Dairy Free

SMOOTHIES

SHAKES

acai smoothie 1420kj acai berry blended with coconut water and banana	9
cocoa banana 2080kj banana, peanut butter, cocoa nibs, almond milk, coconut yoghurt and honey	9
green machine 828kj kale, lemon, avocado, coconut water, mint and apple juice	9
coconut berry 1640kj berries blended with coconut water, coconut yoghurt, honey and banana	9

milkshakes available in the classic flavours thickshake + 1.5	S	5
	L	7

Premium Shakes

cookies & cream 945kj, 1220kj cookies, vanilla ice cream, chocolate	8.8
peanut butter 1480kj, 1730kj peanut butter, vanilla ice cream, chocolate	8.8

SMOOTHIES

ICED DRINKS

smoothies blended fruit, yoghurt and honey	8
strawberry 1290kj mixed berry 1240kj banana 1240kj	

iced drinks		
iced coffee 1450kj	iced chocolate 1460kj	7.5
iced moccha 1460kj		8
iced long black 12kj	iced latte 1100kj	6

frappes	
berry crush 1020kj berries blended with apple juice and ice	8.5
coffee frappe 709kj espresso, milk, ice & ice cream and your choice of syrup (vanilla, caramel, hazelnut)	8.5

FOR THE LITTLE ONES

fairy bread 964kj	5
pancakes 1210kj with maple syrup and ice cream	10
toasties your choice of cheese, ham and tomato	from 8
chicken nuggets and chips 2080kj	9.5
babycino 264kj	2

