

Breakfast

6.30am to 5pm

Fresh Fruit Salad with yoghurt & organic honey	10
Porridge with apple, rhubarb or banana	10
Organic Muesli layered with rhubarb & organic yoghurt	11
Bircher Muesli with apple, blueberry & hazelnut	11
Organic Fruit Toast or Banana Bread per slice	5
Turkish Toast jam, marmalade, vegemite or peanut butter	6
French Toast Bun grilled banana, crispy bacon & maple syrup	15
G-F Ricotta Hotcake poached berries & honeycomb mascarpone	15
T.A.R. turkish toast, avocado, fresh tomato & ricotta	13
Eggs Benedict ham, wilted spinach, poached egg, hollandaise	15
Baked Beans on grilled sourdough, wilted spinach & poached egg	15
Spring Breakfast quinoa, goat curd, avocado, spinach, s/salmon & poached egg on wholemeal toast	16
House Breakfast bacon steak, pork sausage, roast button mushroom, Spinach, roast tomato & fried egg	17
Mini Omelet of spinach, mushroom & marinated feta cheese	14
Gluten-Free Zucchini & Quinoa Fritter poached egg, roast tomato & rocket salad	14
Free-range Eggs - Scrambled or Poached	9
<ul style="list-style-type: none"> ▪ avocado 4 ▪ feta 4 ▪ mushrooms 4 ▪ sausage 3 ▪ bacon 4 ▪ hash brown 2 ▪ ricotta 2 ▪ smoked salmon 4 ▪ beans 4 ▪ halloumi 4 ▪ roast/fresh tomato 3 ▪ wilted spinach 4 	
Breads - turkish ▪ organic wholemeal ▪ organic sourdough ▪ gluten-free grain	

Lunch

11am to 5pm

Salads

Caesar	18
Butter lettuce, bacon lardoons, croutons, anchovy, poached egg & caesar dressing	
Green with Grilled Halloumi	20
Grilled halloumi, spinach, rocket, avocado, pear, walnuts & white balsamic dressing	
Tuna Salad	20
tuna, green beans, mixed leaf salad, avocado, cucumber, tomato, olives, boiled egg	
Chicken	20
shredded poached chicken, cabbage, crispy noodles, lettuce, celery, spring onion, almonds, herbs, sesame soy dressing	
Warm Chicken & Baby Beetroot Salad	20
Israeli couscous, fennel, spiced nut mix w minted yoghurt dressing	

Pizzas

Margherita	14	Ham & Pineapple	16	Garlic Prawn	18
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Mains

Crispy Skin Salmon Fillet	kipfler potato, dill and lemon caper butter	26
Prawn Spaghetti	w garlic, chilli, parsley & lemon	22
Orecchiette Bolognese	fresh spinach leaf & parmesan	20
Risotto	of roast pumpkin, spinach and feta cheese	20
Fillet Steak	w potato and garlic ravioli & asparagus salad	26

Snacks & Sandwiches

11am to 5pm

Antipasto Plate	15	
prosciutto, marinated olives, piquillo peppers stuffed w goat curd, white anchovy, avocado puree and crostini		
Bruschetta with freshly diced tomato, basil & garlic	12	
Lox & Bagel	12	
smoked salmon, cream cheese, tomato, cucumber, red onion, capers on fresh bagel		
Halloumi Focaccia	11	
Grilled halloumi cheese, basil pesto, tomato, spinach on small focaccia bun		
Tuna Focaccia tuna & lemon mayo mix, tomato parsley & spanish onion	12	
Lamb Burger		
mustard seed onion jam, vintage cheddar, tomato & butter lettuce		15
B.L.A.T. bacon, lettuce, avocado, fresh tomato, aioli	15	
Corned Beef Open Sandwich avocado, tomato relish & rocket	15	
Brunch Plate	16	
smoked salmon, fresh ricotta, balsamic tomato, wild rocket with a mustard dressing, boiled egg & toasted organic sourdough		
Field Mushrooms	15	
sautéed with spinach & garlic on grilled provolone cheese & organic sourdough		
Corn Fritter	15	
Mixed leaf salad, smoked salmon, avocado, orange segment, salmon roe		
Seasonal Vegetable Frittata	15	
A frittata of Free-range eggs & mixed seasonal vegetables, a side salad of rocket and endives leaf		
Polenta Chips	8	
Parmesan seasoned polenta chips w chili		

COFFEE, CHOCOLATE, CHAI	Organic
Black	3.00
Milk Coffees, Hot	4.00
Chocolate	
Chai, Affogato	4.50
Mugs	5.00
Iced Coffee, Iced	6.00
Chocolate	
Extra Shot, Decaf, Mocha, Soy	0.50
TEA	Organic
English Breakfast	3.00
Earl Grey	3.00
Green	3.00
Lemongrass & Ginger	
Peppermint	3.00
MILKSHAKES, SMOOTHIE	
Coffee – Organic	6.00
Chocolate – Organic	6.00
Strawberry – Pure Fruit	6.00
Syrup	
Vanilla – Pure Extract	6.00
Banana Smoothie	7.00
FRESH JUICES	
Single or Mixed Flavour	6.50
Apple, Carrot, Orange, Watermelon, Mint, Ginger	
SOFT DRINKS	
BUNDABERG	3.50
Ginger beer	
Lemon Lime & Bitters	
Lemonade	
COCA-COLA	3.50
Regular Coke	
Diet Coke	

PERONI & PRSECCO	glass	bottle
Peroni Beer		6.00
Prosecco Divici DOC	8.00	34.00
Aperitivo Spritz	9.00	
Aperol & Fresh OJ	9.00	
WHITE WINE		
Sauv Blanc / Semillon	8.00	30.00
Beach Head 2013, Margaret River WA		
Chardonnay – Organic		9.00
33.00		
Tamburlaine 2012, Orange NSW		
ROSÉ & RED WINE		
Rosé	11.00	46.00
La Mascaronne 2011		
Cotes de Provence		
FRA		
Cab / Sav – Organic	9.00	33.00
Tamburlaine 2012		
Orange NSW		
MINERAL WATER		
Acqua Panna	500ml	3.50
Acqua Panna	1 Ltr	6.00
San Pellegrino	250ml	3.50
San Pellegrino	750ml	6.00
<p>We accept DEBIT, MASTER & VISA cards but NOT AMERICAN EXPRESS and apologise for any inconvenience</p> <p>Saluté</p>		