

# BREAKFAST

**Simply Toast vg** 6.5

*Organic, artisan white sourdough, light rye sourdough, seeded sourdough. With home-made jam, peanut butter or vegemite.*

**Chunky fruit toast** 7

**Gluten free** 8.5

**Free range eggs v** 9.5

*Poached, fried or scrambled on white sourdough.*

**Smashing Avo vgo, gfo** 18

*Smashed avo & edamame beans with bloody mary marinated tomatoes, whipped goats cheese & crispy seeds with a poached egg on light rye toast.*

**Salmon Omelette gfo** 18

*With capers, red onion, dill cream cheese & fresh rocket, served with rye sourdough.*

**Magic Mushies vgo gfo** 17.5

*Seasonal mushrooms, sauteed with chilli, garlic, shallots & thyme. Topped with Danish feta, two poached eggs & pistachio crumble on sourdough.*

**Add chorizo** 22

**Iron Breakfast gf v** 16.5

*Charred polenta, grilled halloumi, wilted spinach, cherry tomatoes, poached eggs topped with dukkah.*

**Shakshuka v gfo** 16

*Hearty baked red peppers, tomatoes, leek & cannellini beans baked with an egg and feta.*

**Add chorizo** 20

**Pulled pork waffle benedict gfo** 19

*Potato and zucchini waffle topped with spiced pulled pork, poached eggs, hollandaise & pomegranate.*

**Edamame, pea and halloumi fritters gf v** 17.5

*With a sundried tomato & dill puree, fresh avo, tomato & greens, topped with a poached egg.*

**Add bacon or salmon** 22

**Brekky Croissant gfo vo** 15

*With chill scrambled eggs, crispy bacon, avocado, rocket, and homemade relish.*

**PB Porridge vg** 14

*Creamy porridge with quinoa, peanut butter, almond milk, honey & fruit*

**egg / hollandaise** 3

**mushrooms / roasted tomato / spinach** 3.5

**rostis / halloumi / hummus**

4

**Avo smash**

4.5

**chorizo / bacon / smoked salmon** 5

v = vegetarian

vg = vegan

gf = gluten free

## LUNCH

**Winter Salad** *vg gf* 15  
*Broccolini, asparagus, goji berries, hummus, kale, quinoa, seeds & pomegranate*  
**Add chicken or salmon** 20

**Gnocchi**  
*Aromatic Lamb Ragu* 17.5  
*Creamy mushroom gorgonzola* 14

**Two little piggies** 16  
*Two spiced pulled pork sliders with apple & fennel slaw in brioche buns.*  
**Add shoestring fries** 19

**Southern fried chicken burger** 17.5  
*In a brioche bun with chilli mayo, cheddar, bacon, lettuce and jalapenos. Served with shoestring fries.*

**Beef Burger** 18.5  
*In a brioche bun with chipotle mayo, Wagyu beef patty, cheddar, maple bacon & onion rings. Served with a side of shoestring fries.*

**Vegan Burger** *vg*  
**18**  
*Pulled barbeque jackfruit, mint & basil slaw & grilled pineapple with vegan mayo in a vegan bun. Served with shoestring fries.*

## BEVERAGES

*Allpress espresso* 3.8 / 4.3  
*Turmeric Latte* 5 / 5.5  
*Prana Chai* 4.5 / 5  
*Hot Chocolate* 4 /  
**4.5**  
*Soy / Almond / Oat / Lactose free* 0.5

**Origin loose leaf tea** 4  
*English Breakfast / Earl Grey / Green*  
*Lemongrass & Ginger / Peppermint*

*Iced Coffee* 5.5  
*Iced Chocolate* 5.5  
*Iced Prana Chai* 6  
*Soy / Almond / Oat / Lactose free* 1

**Milkshakes** 7  
*Strawberry / caramel / vanilla bean / chocolate*

**Soft Drinks**  
*Ginger Beer / Hepburn Springs* 4  
*Coke / Coke Zero / Fanta / Sprite*  
**3**  
*Remedy kombucha* 4.5

**Fresh Juice** 6.5  
**C Bomb** *Orange*  
*The Zinger* *Apple, Carrot & Ginger*  
*Green dreams* *Apple, Pineapple, celery.*

**Smoothies** 8  
*Berry Mojito* *vg* *Mixed berries, mango, passionfruit, mint, almond & coconut water*  
*Morning Punch* *vg* *Kale, spinach, cucumber, cashews, honey, lemon & coconut water.*  
*Cool Bananas* - *Banana, yoghurt, dates, chia & milk.*  
*Mad Mango* - *Mango, banana mango nectar, vanilla & yoghurt*

