

GRAINS & GOODIES

- TOAST GFO** 6.9  
Two slices of either ciabatta or gluten free toast served with butter, your choice of jam, honey or vegemite.
- FRUIT TOAST** 7.9  
Two slices of fruit toast served with butter, your choice of jam, honey or vegemite.
- HOUSE MUESLI GFO** 11.9  
Served with a berry compote and house sweetened yoghurt.
- FRESH FRUIT GF** 10.9  
Seasonal fruit served with house sweetened yoghurt.

BREKKIE

- EGGS V GFO** 12.9  
Scrambled, poached or fried free range eggs with tomato on ciabatta toast.
- BACON & EGGS GFO** 15.9  
Scrambled or poached free range eggs with grilled tomato on ciabatta toast.
- BRUSCHETTA - ROMANA GFO** (2 pieces) 12.9  
Toasted ciabatta bread topped with fresh tomatoes, Spanish onion, basil pesto and bocconcini.
- SMASHED AVOCADO & POACHED EGGS V GFO** 16.9  
Served with feta, rocket, cherry tomatoes and finely sliced Spanish onion on ciabatta toast.
- EGGS BENEDICT GFO** 16.9  
Two poached free range eggs, ham, topped with Hollandaise sauce on ciabatta toast.
- EGGS FLORENTINE V GFO** 16.9  
Two poached free range eggs, spinach and tomato topped with Hollandaise sauce on ciabatta toast.
- BIG BREAKFAST GFO** 18.9  
Free range eggs, spicy Italian sausage, bacon, mushroom, tomato, hash brown and ciabatta toast.
- BIG VEGETARIAN V GFO** 16.9  
Free range eggs, herb and quinoa patty, wilted baby spinach, mushrooms, tomato and ciabatta toast.

SIDES

- Extra egg, hash brown, hollandaise sauce (each) 3
- Roast tomato, sautéed spinach, feta (each) 3.5
- Italian sausage, bacon, avocado, mushrooms (each) 4.5

KIDS BREKKIE (UP TO 12 YEARS)

- EGGS ON TOAST GFO** 7.9  
Scrambled eggs on toast served with grilled tomato.
- KEEN AS BEANS V** 7.9  
Baked beans on toast served with a hash brown.
- PANCAKES** 7.9  
Pancakes served with topping and ice cream .  
- Toppings: banana, chocolate, strawberry, caramel, vanilla

KIDS MAIN MENU (UP TO 12 YEARS)

- FISH & CHIPS WITH TOMATO SAUCE**
  - BEEF OR CHICKEN SCHNITZEL WITH CHIPS**
  - FELAFEL BURGER WITH CHIPS**
  - NUGGETS & CHIPS WITH TOMATO SAUCE**
- ALL KIDS MEALS  
\$9.90 + COME WITH  
A COMPLIMENTARY  
ICE CREAM SCOOP!**

STARTERS

- SCATCIATA** 7.9  
Garlic and parsley oil on flat bread.
- SEASALT AND ROSEMARY CHIPS** 10.9  
Served with tomato sauce.  
**WITH AIOLI? ADD \$3**
- ARANCINI** 10.9  
Pumpkin, spinach and feta arancini served on a house made napolitano sauce, topped with rocket and shaved parmesan.

MAINS

- BEEF BURGER GFO** 18.9  
Prime beef patty with cheese, lettuce, tomatoes and house made pickles, served with homemade aioli sauce on a brioche bun and home-style chips.
- CHICKEN BURGER GFO** 18.9  
Grilled chicken breast, cheese, crispy bacon, lettuce and tomatoes, served with homemade aioli sauce on a brioche bun and home-style chips.
- VEGETARIAN BURGER GFO** 18.9  
Herb and quinoa patty, cheese, egg, tomato and lettuce served with house made hummus on a brioche bun and home-style chips.
- SCHNITZEL (Chicken or Beef)** 19.9  
Lightly crumbed, served with home-style chips and garden salad.  
- Creamy Mushroom, Mixed Peppercorn, Dianne, Gravy \$4  
- Parmigiana \$5
- FISH & CHIPS** 24.9  
Two pieces of beer battered butter fish, seasoned chips, salad, tartare and lemon.
- SALT & PEPPER SQUID** 22.9  
Lightly fried salt & pepper squid served on a bed of lettuce, tomatoes, sliced cucumber and onions, served with honey mustard aioli.

+ MORE MENU ITEMS ON OUR SPECIALS BOARD

SALAD DAZE

- CAESAR SALAD** 19.9  
Baby cos, house dressing, crispy bacon, croutons, poached egg, anchovies and parmesan.  
**WITH CHICKEN? ADD \$3**
- THAI CHICKEN OR BEEF SALAD** 18.9  
Seasonal vegetables with authentic Thai dressing, topped with toasted rice and chilli.
- WARM CHICKEN SALAD GF** 18.9  
Grilled chicken served on a bed of lettuce, tomatoes, sliced cucumber, onion and avocado. House made dressing, sea salt and cracked black pepper.
- ORANGE SESAME CHICKEN SALAD GF** 23.9  
Cos lettuce, orange segments, pickled onion, and mint.

ASIAN CORNER

- THAI GREEN CHICKEN CURRY** 18.9  
Authentic Thai recipe with green curry paste, coconut milk and vegetables served with steamed rice.
- THAI BASIL BEEF** 18.9  
Chilli and fresh basil leaves stir-fried with seasonal vegetables, served with steamed rice.
- MASSAMAN BEEF CURRY** 18.9  
Beef, potatoes and onion sautéed in massman curry with coconut cream and steamed rice.
- HONEY CHICKEN** 18.9  
Battered chicken coated in honey sauce topped with sesame seeds and steamed rice.
- CHICKEN AND CASHEW NUT** 18.9  
Stir-fried chicken and cashews with seasonal vegetables and steamed rice.

**GF** = Gluten Free      **GFO** = Gluten Free Option      **V** = Vegetarian

FOOD ALLERGIES

Please be aware that while all care is taken when catering for special requirements, it must be noted that within these premises we handle nuts, seafood, shellfish, eggs, soy, sesame, wheat, fungi and dairy. Customers' requests will be catered for to the best of our ability but ultimately the decision to consume the meal is the responsibility of the diner.