

AVAILABLE BREAKFAST ONLY 6:30am - 11AM

HOUSE-MADE FRITTER STACK 28 | V

house-made parmesan & sweetcorn fritters, rustic potato rosti, free-range poached egg, smashed avo, greek yoghurt, chunky tomato pesto & rocket.
add: bacon | halloumi

SCULPT BOWL 28 | V | GF | DF

falafels, roasted pumpkin, sweet potato, free-range poached egg, cherry tomatoes, hummus, avocado, rocket, lemon & olive oil.

CHILLI SCRAMBLE 25 | GF & DF VEGAN

AVAILABLE

free-range eggs, house-made sambal oelek, local smoked ham, local authentic sourdough, parmesan, spring onion & fresh chilli.

add: avocado | rustic potato rosti

BREAKFAST BURRITO 21 | DF & VEGAN

AVAILABLE

bacon with free-range scrambled eggs, avocado, spinach, cheese & tomato relish on a spinach wrap

- ask for toasted



CRISPY CHICKEN BENNY WITH SPICY HOLLANDAISE

AVAILABLE ALL DAY 6:30am - 2pm

SIGNATURE SMASHED AVO SINGLE 15 DOUBLE 25 | V |

VEGAN & GF AVAILABLE

avocado, feta, local authentic pumpkin sourdough, lemon, rocket, dukkah & beetroot hummus.

add: free-range eggs | local leg ham | halloumi | bacon

EGGS BENEDICT 26 | GF AVAILABLE

your choice of bacon, local leg ham or smoked salmon on a toasted croissant with poached free-range eggs, hollandaise sauce & spinach. option: swap to hot wing hollandaise \$1

CRISPY CHICKEN BENNY WITH SPICY HOLLANDAISE 29

toasted croissant, house-made crispy southern fried chicken, poached free-range eggs, smashed avo, spinach & spicy hollandaise. add: rustic potato rosti | halloumi

HOUSE-MADE SAVOURY MINCE 27 | DF | GF AVAILABLE

house-made savoury mince, poached free-range eggs, local authentic sourdough & rustic potato rosti.

add: avocado | halloumi

HOUSE-MADE HEALTHY WAFFLES SINGLE 17 | DOUBLE

27 | GF | DF | VG | REFINED SUGAR FREE

house-made guilt-free waffles, vanilla coyo ice-cream, pure maple syrup & strawberries.

add: biscoff sauce & crumb | nutella | peanut butter | bacon

BACON & EGG BURGER 16 | GF & VEGAN AVAILABLE

bacon, free-range fried egg, cheddar cheese, bbq sauce & spinach on a toasted brioche bun.

add: avocado | rustic potato rosti | halloumi

EGGS YOUR WAY 14 | DF | GF & VEGAN AVAILABLE

two free-range eggs (poached | scrambled | fried) on a slice of local authentic sourdough with butter.

TOAST & SPREAD 6

a single slice of toasted vienna with a choice of spreads.

Add extra slice \$3

POPULAR ADD ONS:

free-range egg 4 - poached, fried or 2 scrambled eggs (8) | vegan eggs 8 (scrambled) | 2 rashers bacon 6 | vegan bacon 8 | savoury mince 8 | roasted chicken 7 | avocado 4 | halloumi 6 | rustic potato rosti 6 | premium smoked salmon 7 | local leg ham 7 | beetroot hummus 3 | crumbled feta 3 | tomato relish 2 | hollandaise sauce 2 | spicy hollandaise 3 | worcestershire sauce 1

V - Vegetarian | VG - Vegan | GF - Gluten Free | DF - Dairy Free | RSF - Refined Sugar Free

15% surcharge applies on all public holidays

CRISPY CHICKEN CHIPOTLE BURGER 18

house-made crispy southern fried chicken, southwest chipotle mayo, cheddar cheese, lettuce on a jean pierre brioche bun. add: avocado | bacon rasher | fried egg | fries & sauce

TACOS 18

3 soft corn tortillas with your choice of either house-made crispy southern fried chicken or tex mex beef with crunchy slaw, greek yoghurt, jalapenos, spring onions & lime.

CRUMBED STEAK SANDWICH 17

local crumbed steak, mixed leaves, sliced tomato, cheddar cheese, garlic aioli & caramelised onion on a toasted jean pierre turkish roll. add: fries & sauce

SAIGON NOODLE SALAD 18 DF | GF | VG

vermicelli rice noodles, mint, cucumber, red cabbage, carrot, chopped cos lettuce, peanuts, fried shallots & Thai dressing. add: house-made roasted chicken 7, crispy fried chicken 7 or falafels 7

VEGAN BURGER 19 DF | VG

vegan schnitzel, avocado, lettuce, tomato & BBQ sauce on a white bun. add: vegan bacon | fries & sauce

CHICKEN OR CRUMBED STEAK SALAD 22 | GF, DF & VG AVAILABLE

choose house-made roasted chicken (GF & DF), house-made crispy southern fried chicken or crumbed steak. Mixed lettuce leaves, red cabbage, carrot & cherry tomatoes with a lemon or balsamic vinaigrette. add: feta 3 | avo 3

BOWL OF SWEET POTATO OR POTATO FRIES SINGLE 8 | DOUBLE 14

sauce included: tomato, BBQ, garlic aioli, chipotle mayo



SUPPORTING LOCAL BUSINESSES SINCE 2015

Bread & buns baked locally at Jean Pierre Patisserie.
Chicken & meat products from local butcher Sunvale Meats.
Local free-range eggs.
Coffee beans locally roasted at Long Shot Co.
Local Raw Honey from Bees Pacific.

15% surcharge applies on all public holidays

POPULAR ADD ONS:

free-range egg 4 | bacon rasher 3 |
vegan bacon 4 | crispy fried chicken
7 | avocado 3 | halloumi 6 | rustic
potato rosti 6

V - Vegetarian | VG - Vegan | GF -
Gluten Free | DF - Dairy Free

SMOOTHIES

R \$10 | L \$11.5

blended with your choice of milk

WILD BERRY SMOOTHIE

blackberries, strawberries, blueberries, raspberries, banana, medjool dates & honey

SUMMER MANGO SMOOTHIE

mango, passionfruit, pineapple, banana & honey

PEANUT CARAMEL SMOOTHIE

banana, roasted peanuts, coconut, cacao, chia seeds & medjool dates

GREEN GODDESS SMOOTHIE

mango, pineapple, banana, spinach, flax seeds & chia seeds

BREAKFAST SMOOTHIE

banana, oats, honey, cinnamon, cacao, coconut, honey, chia seeds & medjool dates

PROTEIN SMOOTHIES

R \$12 | L \$13.5

CRUNCHY NUT PROTEIN SMOOTHIE

vegan vanilla protein, roasted peanuts, cacao nibs, banana, coconut, chia seeds, medjool dates & honey

ESPRESSO PROTEINI SMOOTHIE

espresso, vegan vanilla protein, cacao, banana, coconut, chia seeds & medjool dates

PB BERRY PROTEIN SMOOTHIE

vegan vanilla protein, roasted peanuts, black berries, strawberries blueberries, raspberries, banana, medjool dates & honey

POPULAR SMOOTHIE ADD ONS:

vegan vanilla protein \$2

hydrolysed collagen \$2

peanut butter \$2

spinach \$2

SMOOTHIE MILKS

full cream, skim, lactose free, almond, oat, coconut, soy, coconut water

FRESH JUICE

S \$7.6 R \$9 L \$10

TOTAL GREENS

celery, cucumber, apple, ginger

TUTTI FRUTTI

watermelon, apple, pineapple, orange

BODY BOOSTER

orange, carrot, pineapple, turmeric

SIGNATURE BEET

beetroot, apple, carrot, ginger

LEMON & GINGER SHOT 4

Lemon & ginger

the beet bar

NEW COLLAGEN GLOW COOLER

\$12

hydrolysed bovine collagen peptides, coconut water, strawberries, watermelon & passionfruit blended with ice

SKIN HYDRATION
SKIN ELASTICITY
BEAUTY SUPPORT
GLOW FROM WITHIN