

ALL DAY BREAKFAST 6:30am - 2pm

SMASHED AVO | V | VEGAN & GF AVAILABLE

single 14 | double 23

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

add: local eggs | local leg ham

HEALTHY WAFFLES | GF | DF | VG | REFINED SUGAR FREE

single 14 | double 24

house-made guilt free waffles, vanilla coyo ice-cream, pure maple syrup & strawberry. add: choc sauce, caramel sauce, berry coulis, nutella, peanut butter, banana, bacon

EGGS BENEDICT 25 | GF AVAILABLE

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

CHICKEN & WAFFLES 17 | DF

house-made crispy southern fried chicken, house-made healthy waffles, pure maple syrup. add: bacon | extra waffle | extra chicken | ice cream

SWEETCORN FRITTERS 23.5 | V

house-made parmesan & sweetcorn fritters, poached local pasture-raised free-range egg, smashed avo, sweet chilli crema & rocket. add: bacon | garlic mushrooms

CRUMBED STEAK & EGGS 17

local crumbed steak, 2 pasture-raised free-range fried eggs, toast & your choice of either tomato relish, caramelised onion relish or bbq sauce

BACON & EGG BURGER 16

bacon, local pasture-raised free-range egg, cheddar cheese, bbq sauce, spinach, toasted brioche bun

MUSHROOM TOAST 25

local authentic sourdough, house-made garlicky mushrooms, poached local pasture-raised free-range eggs, cream cheese, sundried tomato pesto & herbs. add: avo | halloumi

BREAKFAST BURRITO 19.5 | VEGAN AVAILABLE

your choice of chorizo, savoury mince or bacon with scrambled local pasture-raised free-range eggs, avocado, spinach, cheese & tomato relish

CHILLI SAMBAL SCRAMBLE 23 | VEGAN AVAILABLE

local pasture-raised free-range eggs, house-made sambal oelek, local smoked ham, local authentic sourdough, parmesan, spring onion. add: avo | rosti

SAVOURY MINCE 25 | DF | VEGAN AVAILABLE

house-made savoury mince, poached local pasture-raised free-range eggs, local authentic sourdough & rustic potato rosti. add: avo | halloumi

FRIED CHICKEN BENNY WITH HOT WING HOLLANDAISE 26

toasted croissant, house-made crispy fried chicken, poached local pasture-raised free-range eggs, smashed avo, spinach & hot wing hollandaise

EGGS YOUR WAY 15 | DF | GF AVAILABLE

local pasture-raised free-range eggs (poached | scrambled | fried) on local authentic sourdough

PEANUT BUTTER BANANA TOAST | V

single 14 | double 23

authentic local sourdough, pure peanut butter, banana, cinnamon, local honey

RAISIN TOAST WITH BUTTER

single 6 | double 9

LUNCH | available from 11am - 2pm

ALL BURGERS 18

BURGER WITH A SIDE OF FRIES & SAUCE 23

BURGER COMBO - WITH A SIDE AND DRINK 25

CRISPY CHICKEN CHIPOTLE BURGER

house-made southern fried chicken, southwest chipotle mayo, cheddar cheese, lettuce, brioche bun

LAMB & SALAD BURGER DF | GF AVAILABLE

house-made lamb patty with mixed leaves, tomato, carrot, red onion and house-made herb mayo

VEGAN BURGER | VG

choose either plant-based schnitzel or plant-based burger patty with lettuce, tomato, avocado & bbq sauce on a toasted bun

CRUMBED STEAK SANDWICH 15 OR COMBO 22

local crumbed steak, mixed leaves, sliced tomato, cheddar cheese, garlic aioli & caramelised onions on a toasted turkish roll. add sweet potato or potato fries on the side \$5

SAIGON NOODLE SALAD 24 DF | GF | VEGAN AVAILABLE

comes with either house-made roasted chicken, crispy chicken +\$2, garlic mushrooms (vegan) with vermicelli rice noodles, mint, cucumber, red cabbage, carrot, chopped cos lettuce, peanuts, fried shallots, lime, thai dressing (just salad, no protein \$22)

ROASTED CORN & COUS COUS SALAD VG | DF 20

maple roasted sweet corn, pearl cous cous, red capsicum, 5 bean mix, rocket, cherry tomatoes, sherry vinaigrette, topped with crispy mexican chickpeas & jalapenos
add: roasted or crispy fried chicken | tofu | falafels | feta | avo

FRIES

SWEET POTATO OR POTATO FRIES WITH SAUCE

single 8 | double 14

ADDITIONAL OPTIONS

egg 4 (local pasture-raised free-range)

poached | scrambled | fried

vegan eggs 8 (scrambled)

bacon 6

crumbed steak 7

crispy fried chicken 7

roasted chicken 7

vegan bacon 8

avocado 4

halloumi 5

rustic potato rosti 6

premium smoked salmon 7

garlic mushrooms 6

local leg ham 7

chorizo 7

whipped beet & hummus feta 4

sundried tomato pesto 2

crumbled feta 3

tomato relish 2

hollandaise sauce 2

hot wing hollandaise 3

worcestershire sauce 1

ACAI & PROTEIN BOWLS

sml 16.5 | reg 18.5

vg | gf | df | refined sugar free | pure organic acai

each handmade bowl comes with your choice of granola:
almond & sultana granola (contains honey & gluten) | swiss muesli (vg but contains gluten) | gluten free flakes | gluten free granola

paradise acai bowl

blended base: unsweetened acai, mango & banana. toppings: granola, watermelon, banana, strawberries, coconut yoghurt & passionfruit.

berry acai bowl

blended base: unsweetened acai, strawberries & banana. toppings: granola, strawberries, raspberries, banana, coconut yoghurt & passionfruit.

nutella protein bowl

blended base: bio fermented vanilla protein powder, cacao, banana & coconut cream. toppings: granola, banana, strawberries, coconut yoghurt, cacao nibs & nutella (nutella not refined sugar free)

snickers protein bowl

blended base: bio fermented vanilla protein powder, cacao, banana & coconut cream. toppings: granola, banana, strawberries, coconut yoghurt, peanut butter, crushed peanuts & naturally sweetened choc sauce.

caramel crunch protein bowl

blended base: bio fermented vanilla protein powder, cacao, banana & coconut cream. toppings: granola, coconut yoghurt, pure peanut butter, crushed peanuts, banana, strawberries & naturally sweetened caramel sauce.

honey bear protein bowl (not vegan, honey on top)

blended base: bio fermented vanilla protein powder, cacao, banana & coconut cream. toppings: granola, banana, pure peanut butter, coconut yoghurt, cacao nibs, strawberries & honey.

peanut butter acai bowl

blended base: unsweetened acai, strawberries & banana. toppings: granola, strawberries, banana, coconut yoghurt, peanut butter & crushed peanuts.

mango weiss acai bowl

sml 18 reg 20

blended base: unsweetened acai, mango & banana. toppings: granola, strawberries, banana, coyo coconut icecream, mango & passionfruit.

options:

add a scoop of coyo coconut icecream to your bowl \$3 | add peanut butter \$2 | add nutella \$2

LONGSHOT SPECIALTY COFFEE & MORE

sml 5 | reg 6 | lrg 7

cappucino | latte | flat white | long black | iced latte | iced long black | cold brew | chai latte | iced chai latte | hot chocolate | iced chocolate | espresso 3 | piccolo latte 4 | babycino 2

sml 6 | reg 7 | lrg 8

mocha | dirty chai | matcha latte | iced matcha latte

milk options:

misty mountain full cream | misty mountain skim | misty mountain lactose free | milk lab coconut | milk lab almond | milk lab soy | milk lab oat | milk lab macadamia

syrups & extras:

vanilla | hazelnut | caramel | white chocolate | ice-cream | coconut sugar | extra shot

TEA - T2

sml 4 | reg 5 | lrg 6 | dine-in pot 6

also available iced, just ask

english breakfast | early grey | sencha green | lemongrass & ginger | peppermint

SMOOTHIES

regular 10 | large 11.5

picnic

cacao powder, roasted peanuts, dates, banana & milk of choice

breakfast

banana, rolled oats, honey, cinnamon & milk of choice

yo berry

strawberries, banana, coconut yoghurt, honey & milk of choice

mango passion

mango, passionfruit, coconut yogurt, honey & milk of choice

SUPER SMOOTHIES

regular 12 | large 13.5

crunchy nut protein

bio fermented vegan vanilla protein, roasted peanuts, cacao nibs, honey, banana & milk of choice

espresso proteini

bio fermented vegan vanilla protein, espresso, cacao powder, banana, dates & milk of choice

peanut butter & jelly protein

bio fermented vegan vanilla protein, banana, strawberries, roasted peanuts, honey & milk of choice

tropical punch

mango, pure unsweetened acai, passionfruit, pineapple & coconut water

smoothie milk options:

misty mountain full cream | misty mountain lactose free milk | misty mountain skim milk | coconut milk | soy milk | almond milk | oat milk

FRESH JUICE

reg 9 | lrg 10 | kids 7.6

total greens - green apple, cucumber, celery, ginger

body booster - orange, carrot, pineapple, turmeric

signature beet - beetroot, carrot, green apple, ginger

tutti fruity - pineapple, green apple, orange, watermelon

MILKSHAKES

made with dairy milk & icecream

reg 8.5 | lrg 9.5 | kids 7.5

vanilla | chocolate | caramel | strawberry | salted caramel | coffee +\$0.5 | thickshake add \$1

VIETNAMESE STYLE ICED COFFEE

standard vietnamese iced coffee

sml 6.5 | reg 7.5 | lrg 8.5

coffee, condensed milk & full cream milk

vanilla almond iced coffee *vegan*

sml 8.3 | reg 9.3 | lrg 10.3

coffee, coconut condensed milk, vanilla syrup & almond milk

creamy caramel iced coffee

sml 7.5 | reg 8.5 | lrg 9.5

coffee, condensed milk, caramel syrup & full cream milk

hazel iced coffee

sml 7.5 | reg 8.5 | lrg 9.5

coffee, condensed milk, hazelnut syrurp & full cream milk

options:

condensed milk | coconut condensed milk (vegan) +\$0.5

\\self-serve table water in drinks fridge

\\15% surcharge on PH's