



please order at the counter | let staff know of dietary requirements
 gf gluten free | df dairy free | v vegetarian | vg vegan | o option



BREAKFAST 7 AM - 3 PM WEEKDAYS / 4 PM WEEKENDS

ADDITIONS

- ZEALLY BAY TOAST [v, vgo, gfo]**
two slices of fruit loaf or sourdough, with butter and local jams 8
- ACAI + BLUEBERRY BIRCHER MUESLI [vg]**
almond milk soaked oats, chia seeds, pepitas, toasted almond + coconut flakes, banana, fresh summer fruits, coconut yoghurt, cacao nibs, maple syrup 16
- ROASTED SPICED CAULIFLOWER FRITTERS [v, gf]**
fresh spinach, toasted cumin house labne, tamarind + date chutney, poached eggs 18
- SMASHED AVOCADO [v, vgo, gfo]**
sourdough, goat cheese, green peas, pea shoots, dukkah, rocket, chilli, finger lime 17
- TWICE COOKED KOREAN PORK BELLY [df, gf]**
red cabbage kimchi, tatsoi, chinese broccoli, sriracha aioli, crisp leeks, poached eggs 19
- DUTCH CHOCOLATE + ORANGE PANCAKES [v]**
fresh strawberries, orange curd, vanilla bean marscapone, caramelised white choc crumb 17
- SPANISH TOFU SCRAMBLE [vg, gfo]**
seeded sourdough, romesco, blistered cherry tomatoes, capsicum, spinach, spanish onion, garlic, chilli, smoked paprika + turmeric oil, kalamata olive crumb 18
- THAI FRIED EGGS [v, gf, df]**
lemongrass + ginger infused rice, spring onion, bean shoots, green peas, fried shallots, coriander, thai basil, chilli, pickled cucumber, peanut crumb, tamarind 17
- EGGS ON TOAST [v, dfo, gfo]**
two local free range eggs on one slice of sourdough > poached, fried, or scrambled 10

- bacon \4
- crispy prosciutto 5
- smoked salmon 5
- vegan feta 5
- meredith's goats cheese 5
- smashed avocado 5
- wilted spinach 3
- roasted thyme tomatoes 4
- roasted button mushrooms 4
- house tomato ketchup 1
- house vegan aioli 1
- house barbecue sauce 1
- mt zero dukkah 2
- gluten free bread 1
- free range egg 2
- [poached or fried]

FOR THE KIDS

- EGG ON TOAST [v, gfo]** 7
poached, fried, or scrambled
- SIMPLE PANCAKE [v]** 8
maple syrup + strawberries



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LUNCH 11 AM - 3 PM WEEKDAYS / 4 PM WEEKENDS

GRILLED KING SNAPPER [df] 26
 broccolini, spanish chorizo, watercress + pearl cous cous salad, parsley, red onion, sun-dried tomato + cashew pesto

ANCIENT GRAINS + ORANGE SALAD [vg] 17
 quinoa, black rice, chickpeas, freekeh, pistachios, pomegranate arils, raw kale, beetroot puree, orange tahini dressing

LIVEFAST BEEF BURGER [gfo] 21
 brioche bun, house-made patty, american cheese, gem lettuce, red onion, dill pickles, mustard mayo, house tomato ketchup, served with a handful of smoked paprika salted chips
 > add can of hop nation *the heart* pale ale 8

BBQ PULLED MUSHROOM BURGER [vg, gfo] 20
 damper bun, slaw of mixed cabbage, carrot, red onion, parsley, capers, served with a handful of smoked paprika salted chips

ROAST PUMPKIN + VEGAN FETA ARANCINI [vg, gf] 18
 beetroot puree, roast baby beetroot, rocket + pine nut salad, crispy sage

LOCAL PRODUCE PLATTER [gfo] 28
 assorted local meats, cheeses, and antipasto - perfect to share
 > add glass of grampians estate grenache 8

PROUDLY SUPPLIED BY



TOASTED SANDWICHES

ON ZEALLY BAY SOURDOUGH
 SERVED WITH A SIDE SALAD

PULLED PORK 14
 caramelised onion + apple chutney, rocket, swiss cheese

VEGAN CHEDDAR [vg] 12
 sun-dried tomato pesto, roasted capsicum, eggplant

HONEY BAKED HAM 11
 dijon mustard, swiss cheese, house pickles

FOR THE KIDS

GRILLED CHICKEN 10
 with chips + tomato ketchup

TOASTED CHEESE [v, gfo] 6
 with swiss cheese + vegemite

SIDES

SMOKED PAPRIKA SALTED CHIPS 8
 served with house vegan aioli + house tomato ketchup

SIDE SALAD [vg, gf] 6
 mixed greens + salad vegetables, olive oil + finger lime dressing



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soft drinks available from fridge

B E E R S A N D B R E W S

3 RAVENS <i>thornbury pilsner</i> 375ml	can 4.9%	8
HOP NATION <i>the patron session ale</i> 375ml	can 3.5%	7
VENOM BREWING <i>golden ale</i> 330ml	can 4.8%	8
HOP NATION <i>the heart pale ale</i> 375ml	can 4.6%	8
QUIET DEEDS <i>juice train new england IPA</i> 330ml	can 6.5%	8
3 RAVENS <i>dark smoke porter</i> 330ml	btl 5.2%	8
TOOBORAC <i>maple cream brown ale</i> 660ml	btl 5.8%	12
TOOBORAC <i>s'mores milk stout</i> 660ml	btl 6.0%	14
BOTANICAL BREW KOMBUCHA 330ml		
mandarin + finger lime <u>or</u> galaxy + citra hops	btl 4.0%	9
FAIRE FERMENTS CO-OP CIDER 330ml		
dry modi apple <u>or</u> semisweet packham pear	btl 5.5%	8

- check the fridge inside for limited release brews -

W I N E

GRAMPIANS ESTATE moscato 2016	gls 7.0 btl 32
MONTARA sauvignon blanc 2017	gls 7.5 btl 34
MT LANGI pinot gris 2016	gls 9.0 btl 40
BEST'S chardonnay 2017	gls 8.5 btl 36
GRAMPIANS ESTATE grenache 2016	gls 8.0 btl 36
FALLEN GIANTS shiraz 2015	gls 9.5 btl 42
MONTARA cabernet sauvignon 2015	gls 8.5 btl 38



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MIKRO ROASTERS COFFEE

espresso	3
long black	3.5
short macchiato	3.5
long macchiato	4
flat white	4
latte	4
cappuccino	4

GROUNDLED PLEASURES

hot chocolate	4
white hot choc	4
spiced chai latte	4
mocha	4.5
white choc mocha	4.5
dirty chai latte	4.5

LOVE TEA [AND TISANES]

english breakfast	pot 4.5
french earl grey	
turmeric	
lemongrass + ginger	
green	
peppermint	
calming chamomile	
white rose + goji	
digestive	
wet chai [vg]	glass 4.5

OPTIONAL EXTRAS

large	1
strong, decaf, flavour	0.5
soy milk, almond milk	0.5

I C E D D R I N K S

single origin cold drip [subject to availability]	6.0
iced long black espresso, ice, cold water	3.5
iced latte espresso, ice, cold milk	4
iced coffee espresso, ice, ice-cream, milk, cream	6.5
iced chocolate chocolate, ice, ice-cream, milk, cream	6.5

M I L K S H A K E S

chocolate vanilla strawberry caramel	5
banana spearmint blue heaven lime	

F R E S H J U I C E S

apple	6	orange + carrot + lemon + ginger	7
orange	6	apple + watermelon + lime + mint	7
watermelon	6	make your own mix	7