



please let staff know of any dietary requirements
 gf gluten free | df dairy free | v vegetarian | vg vegan | o option



BREAKFAST 7AM-3PM WEEKDAYS / 4PM WEEKENDS

TOAST & JAM [v, vgo, gfo, dfo]	8
Two slices of Blue Wren Bakery <u>fruit loaf</u> or Zeally Bay <u>sourdough</u> , with butter and Mitch's Preserves jams	
MAPLE & COCONUT GRANOLA [v, vg, df]	17
House toasted maple granola with oats, coconut, cinnamon, pecans, almonds, pepitas, linseeds, chia, poppy & sunflower seeds with mixed berry compote, coconut yoghurt & almond	
BANOFFEE PANCAKES [v]	22
Belgium dark chocolate chip pancakes, caramelised bananas, salted caramel sauce and peanut butter biscuit crumb, topped with whipped Chantilly cream, strawberries & shards of dark chocolate	
SWEETCORN FRITTERS [v, gf, df, vg]	24
Sweetcorn & capsicum fritters with tomato relish, rocket, grilled asparagus, avocado salsa, fresh chili & herb infused olive oil (add a poached free-range egg for \$2.5)	
MEXICAN TOFU SCRAMBLE [v, vg, df, gfo]	22
Mexican spiced tofu, scrambled with sweet potato, red onion, sweet corn, black beans, capsicum & coriander on seeded sourdough with avocado smash, fresh lime and a spicy enchilada sauce	
SMASHED AVOCADO [v, gfo, dfo, vgo]	21
Smashed avocado on seeded sourdough with rocket, Meredith goat's cheese, green peas, fresh chili & radish, with toasted hemp seeds, fresh lemon & a herb infused olive oil (add a poached free-range egg for \$2.5)	
EGGS ON TOAST [v, dfo, gfo]	10
Two local free-range eggs on one slice of sourdough > <u>poached</u> , <u>fried</u> , or <u>scrambled</u>	

ADDITIONS

bacon	5
Meredith goat's cheese	5
Yay vegan feta	5
smashed avocado	5
wilted spinach	3
roasted herb tomatoes	4
garlic & thyme mushrooms	4
extra slice sourdough	3
free range egg [poached or fried]	2.5
Mitch's tomato chutney	2
house vegan aioli	1
mt zero dukkha	2
house harissa	2
make it gluten free	1
Mitch's Preserves jam	2
> ~~~~~ < FOR THE KIDS ~~~~~ < ~~~~~	
EGG ON TOAST [v, gfo]	6
poached, fried, or scrambled	
TOAST & SPREAD [v, gfo]	6
two slices white toast with jam, peanut butter or vegemite	
WAFFLE [v]	9
Maple syrup + whipped cream + fresh seasonal berries	
CHOC CHIP PANCAKE [v]	9
whipped cream + berries	



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LUNCH 11AM-3PM WEEKDAYS / 4PM WEEKENDS

VEGETABLE SALAD [gf, v, vgo dfo] 21

A medley of roast vegetables, broccoli, asparagus & red onion with baby spinach, toasted almonds, Meredith goat's feta, dressed in a lemon & oregano vinaigrette (add grilled chicken \$5)

BBQ BEEF & BACON BURGER [dfo] 23

House made beef & rosemary burger with bacon, American cheddar, smoky BBQ sauce, shredded lettuce, tomato, red onion, house mustard mayo, on a brioche bun with a side of chips

FALAFEL SOUVLAKI [v, vg, df] 22

House spinach & pistachio falafels spiced with our za'atar blend, flatbread, garlic hummus, shredded lettuce, cherry tomatoes, cucumbers & red onion drizzled with a spicy house harissa sauce

GRILLED SALMON FILLET [gf, df] 28

Crispy skinned salmon fillet with a potato & green pea salad, fresh dill, red onion, rocket, capers, radish & fresh lemon with grilled asparagus

BURRITO BOWL [df, vg, gfo, v] 22

Chipotle, mixed bean & mushroom chili with tomato & coriander quinoa, shredded lettuce, avocado & corn salsa, cashew sour cream, mini wraps & fresh lime

MIDDLE EASTERN LAMB SALAD [dfo] 26

Overnight braised & pulled lamb shoulder with spicy house harissa sauce, saffron infused pearl couscous with Turkish apricots, red onion, carrot, dates, fresh herbs, rocket, toasted almonds & Meredith goat's cheese

TOASTED TURKISH SANDWICHES

ON TURKISH BREAD LOAVES served with side salad

HAM 15
 Salt kitchen smoked ham off the bone, cheese, spinach & tomato relish

VEGAN [vg, v, df] 15
 Vegan cheddar, garlic hummus, chargrilled capsicum, spinach & sundried tomatoes

ROAST BEEF 15
 Roast beef, seeded mustard, red onion, cheese and spinach

FOR THE KIDS

GRILLED CHICKEN TENDERS [gf, df] 13
 With chips & tomato sauce

CHEESE TOASTY [v, gfo] 4
 > add ham \$1

SIDES

BOWL OF CHIPS [vg, gf, df, v] 10
 with house vegan aioli + tomato ketchup

HOUSE SALAD [vg, gf, df, v] 7
 Salad greens, cherry tomatoes, cucumber, capsicum and red onion with lemon & olive oil dressing





soft drinks available from fridge

BEERS AND BREWS

PAPER SCIS' ROCK <i>strawb-kiwi sour</i> 375ml	can 3.5%	8
HOP NATION <i>organic lager</i> 375ml	can 5.0%	8
PAPER SCISSORS ROCK <i>pale ale</i> 375ml	can 6.5%	8
HOP NATION <i>xolo hazy ipa</i> 440ml	can 5.6%	12
PAPER SCISSORS ROCK <i>dark vader stout</i> 375ml		8
MOON DOG <i>pink flamingo g'fruit seltzer</i> 330ml	can 4.0%	8
MOON DOG <i>peach iced tea seltzer</i> 330ml	can 4.0%	8
MOON DOG <i>raspberry sorbet seltzer</i> 330ml	can 4.0%	8
FAIRE FERMENTS CO-OP CIDER		
Apple 6% OR Pear 5.5%	bt1	9
BOTANICAL BREW JUN KOMBUCHA	bt1	9
Ginger & Lemon Myrtle OR Mandarin & Finger Lime 4.0%		

WINE

THE STORY WINES		
marsanne/roussanne/viognier 2017	gls 10.0 bt1	45
HOUSE OF MUCK rose 2020	gls 9.0 bt1	42
CLARNETTE & LUDVIGSEN riesling '20	gls 8.0 bt1	36
DOG ROCK tempranillo 2020	gls 9.0 bt1	42
ATR WINES chockstone shiraz 2019	gls 8.0 bt1	36

soft drinks available from fridge

MIKRO ROASTERS COFFEE

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

GROUNDED PLEASURES

hot chocolate	4
salted caramel hot choc'	4
white hot chocolate	4
spiced chai latte	4.5
mocha	4.5
white choc' mocha	4.5
dirty chai latte	5.0

TEA POTS BY LOVE TEA

english breakfast	4.5
french earl grey	
turmeric	
lemongrass + ginger	
green	
peppermint	
calming chamomile	
white rose + goji	
digestive	
wet chai [vg] + \$2	

OPTIONAL EXTRAS

large	1
strong, decaf, flavor	.5
soy milk, almond milk	.5

ICED DRINKS

cold drip	5.0
cold drip spritz cold drip, tonic, fresh orange	6.5
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, ice, ice-cream, milk, cream	6.5

MILKSHAKES

chocolate vanilla strawberry caramel	5
banana blue heaven lime	

FRESH JUICES

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