



please order at the counter | let staff know of dietary requirements

gf gluten free | df dairy free | v vegetarian | vg vegan | o option



BREAKFAST 7AM-3PM WEEKDAYS / 4PM WEEKENDS

ZEALLY BAY TOAST [v, vgo, gfo] 8

Two slices of fruit loaf or sourdough, with butter and local jams

APPLE & HAZELNUT BIRCHER MUESLI [vg, v, df] 17

House made muesli with cranberries, seeds & toasted nuts, passionfruit, coconut yoghurt & fresh seasonal berries

SUMMER PANCAKE STACK [v] 19

Caramelised stone fruit, plum puree, fresh fruit, coconut & dark chocolate macaroons & macadamia ice cream

POTATO & CHORIZO HASH [gf] 21

Pan fried potatoes, spanish chorizo, roasted peppers, cherry tomatoes and spanish onion with chimichurri sauce, fried eggs & fresh chilli

ORGANIC ZUCCHINI & SWEETCORN FRITTERS [v, vg, gf, df] 22

Beetroot & orange chutney, organic rocket, herb infused olive oil, fresh chilli, vegan feta & lemon whip (add a poached free range egg for \$2)

SMASHED AVOCADO [v, gfo, dfo, vgo] 21

On toasted Seed & Sprout sourdough with local organic rocket, Meredith goats cheese, house harissa, fresh mango, pomegranate arils & herb infused olive oil (add a poached free range egg for \$2)

EGGS ON TOAST [v, dfo, gfo] 10

Two local free range eggs on one slice of sourdough > poached, fried, or scrambled

ADDITIONS

bacon 4.5

Meredith goats cheese 5

Yay vegan feta 5

smashed avocado 5

wilted organic spinach 4

roasted herb tomatoes 4

garlic & thyme mushrooms 4

extra slice sourdough 3

free range egg 2

[poached or fried]

beetroot orange chutney 2

house vegan aioli 1

mt zero dukkha 2

tomato chutney 2

house spicy harissa 2

make it gluten free 1

FOR THE KIDS

EGG ON TOAST [v, gfo] 5
poached, fried, or scrambled

WAFFLE OR PANCAKE [v] 8
Maple syrup + whipped cream
+ fresh seasonal fruit



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



LUNCH 11AM-3PM WEEKDAYS / 4PM WEEKENDS

- GRILLED AUSTRALIAN PRAWNS [gf, df]** 28
 Marinated with lemongrass & ginger on a salad of rice noodles, organic tatsoi, mango, capsicum, mint, coriander, chili & roasted peanuts with a coconut & lime dressing
- OPEN LAMB SOUVLAKI [dfo]** 22
 Za'atar spiced lamb back strap, flatbread, house tzatziki, organic leafy greens, cherry tomatoes, cucumber, capsicum & red onion, drizzled with our spicy house harissa sauce
- MISO & SESAME TOFU BURGER [v, df, vg, gfo]** 21
 House made kimchi, organic leafy greens, cucumber & gochujang mayonnaise with a side of chips
- SPICY SWEET & SOUR CHICKEN BURGER [dfo, gfo]** 22
 Spicy marinated chicken breast, grilled pineapple, lime & avocado sauce, Swiss cheese, organic leafy greens, red onion & a side of chips
- GRILLED PEACH & PROSCIUTTO SALAD [gf, dfo]** 23
 Organic rocket, red onion, Meredith goat feta, cucumber, toasted pecans, olive oil, balsamic cherry tomatoes with black garlic & mint pesto
- SWEET POTATO & BEETROOT SALAD [v, vg, gf, df]** 22
 Organic salad greens, quinoa, red onion, pomegranate arils, vegan feta & lemon whip, pomegranate molasses dressing & Egyptian dukkha
- CAULIFLOWER & BLACK BEAN SOFT TACOS [v, vg, df]** 21
 Sunflower seeds, coriander, smoked chipotle, red cabbage & sweetcorn slaw, avocado & lime sauce with a side of corn chips & house salsa roja

TOASTED SANDWICHES

- ON ZEALLY BAY SOURDOUGH** served with side salad
- HAM** 14
 Salt Kitchen leg ham, Swiss cheese & tomato chutney
- VEGAN [vg, v, df]** 14
 Chimichurri, sundried tomatoes, organic spinach & vegan cheddar
- PULLED PORK** 15
 Slow cooked pulled pork, onion jam, organic tatsoi & Swiss cheese

FOR THE KIDS

- GRILLED CHICKEN TENDERS [gf, df]** 12
 With chips & tomato sauce
- CHEESE TOASTY [v, gfo]** 4
 > add ham \$1

SIDES

- BOWL OF CHIPS [vg, gf, df, v]** 9
 With house vegan aioli + tomato ketchup
- HOUSE SALAD [vg, gf, df, v]** 7
 Organic salad greens, cherry tomatoes, cucumber, capsicum & red onion with & olive oil dressing





please order at the counter
soft drinks available from fridge

BEERS AND BREWS

3 RAVENS <i>thornbury</i> pilsner 375ml	can 4.5%	8
QUIET DEEDS <i>halftime</i> lil pale ale 375ml	can 3.5%	7
HOP NATION <i>the heart</i> pale ale 375ml	can 4.6%	8
QUIET DEEDS <i>juice train</i> new england IPA 330ml	can 6.5%	8
HOP NATION <i>karma</i> oatmeal stout 375ml	can 5.0%	8
FAIRE FERMENTS CO-OP CIDER		9
Apple 5.5% or Pear 4.5%	bt1	

WINE

ATR WINES chockstone pinot gris 2020	gls 7.0	bt1 32
GOOD CLEAN FUN riesling 2019	gls 9.0	bt1 42
CLARNETTE & LUDVIGSEN viognier 2019	gls 8.0	bt1 36
DHIAGA rosato 2017	gls 9.0	bt1 42
SUB ROSA grampians pyrenees shiraz 2017	gls 10.0	bt1 45
THE STORY WINES grampians grenache 2019	gls 10.0	bt1 45

please order at the counter
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

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

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 [caffeine free/vg]	

OPTIONAL EXTRAS

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

ICED DRINKS

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 banana spearmint blue heaven lime	5
---	---

FRESH JUICES

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