



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] 9
 Two slices of Blue Wren Bakery fruit loaf or Zeally Bay sourdough, with butter and Mitch's Preserves jams

ACAI & PASSIONFRUIT CHIA PUDDING [v, vg, df] 17
 Passionfruit chia pudding with acai puree, fresh seasonal fruits & buckwheat cocoa nibs crumb

SUMMER HOTCAKES [v] 22
 Buttermilk hotcakes with lemon curd, citrus segments & fresh seasonal fruit, whipped cream and caramelised white chocolate

SWEETCORN FRITTERS [v, gf, df, vg] 24
 Sweetcorn & capsicum fritters with green salad, lemon infused grilled broccolini, mango salsa, fresh jalapenos & herbed olive oil (add a **poached free-range egg or Yay Vegan Feta for \$2.5 each**)

SMASHED AVOCADO [v, gfo, dfo, vgo] 22
 Smashed avocado, quinoa & kale salad, green peas & fresh jalapenos on seeded sourdough with puffed rice, herbed olive oil, fresh lemon & coriander (add a **poached free-range egg or Yay Vegan Feta for \$2.5 each**)

EGGS YOUR WAY [v, dfo, gfo] 12
 Two local free-range eggs on one slice of sourdough > poached, fried, or scrambled

ADDITIONS

bacon 5
 Meredith goat's cheese 5
 Yay vegan feta 5
 smashed avocado 5
 roasted herb tomatoes 5
 garlic & thyme mushrooms 5
 extra slice sourdough 3
 Mitch's tomato chutney 3
 Mitch's preserves jam 3
 free range egg 2.5
 [poached or fried]
 house made vegan aioli 2
 mt zero dukkha 2
 house made harissa 2
 make it gluten free 2

FOR THE KIDS

TOAST+ SPREAD [v, gfo] 6
 two slices white toast + jam, peanut butter or vegemite
EGG ON TOAST [v, gfo] 8
 poached, fried, or scrambled
KIDS HOTCAKE [v] 11
 Buttermilk hotcake + fresh seasonal fruit + whipped cream + maple syrup
FRESH SEASONAL FRUIT SALAD [v, vg, gf] 8



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LUNCH 11AM-3PM WEEKDAYS / 4PM WEEKENDS

FROM THE CABINET (no alterations)

SUPER SALAD [gf, v, vgo dfo] 21
 Shredded kale, buckwheat, quinoa, cherry tomatoes, edamame, citrus segments, puffed rice, goat's cheese, goji berries, dukkah, red onion, lemon & oregano dressing (add poached citrus & ginger chicken breast for \$5 or a poached egg for \$2.5)

POKE BOWL [v, gf, df, vg] 21
 Sushi rice, edamame, cucumber, red onion, pickled ginger, seaweed salad, yuzu mayo, watermelon poke, half avo with sesame & nori mix (add poached citrus & ginger chicken breast for \$5 or a poached egg for \$2.5)

OPEN FALAFEL SOUVLAKI [v, vg, df] 23
 House spinach & pistachio falafels, za'atar blend on a flatbread with roasted capsicum 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 & capers salad, dill, red onion, lemon infused grilled broccolini & herbed olive oil

PORK BELLY BURGER 24
 Slow cooked pork belly slices with caramelized fennel, gouda cheese, shredded lettuce, sliced tomato and apple reduction on a brioche bun with a side of chips

HAM TOASTY ON TURKISH BREAD 13
 Smoked ham off the bone, tasty cheese, spinach & tomato relish

FALAFEL TOASTY ON TURKISH [vg] 15
 House made spinach & pistachio falafels, vegan cheddar, roast capsicum hummus & spinach

ROAST BEEF TOASTY ON TURKISH BREAD 15
 Roast beef, seeded mustard, red onion, gouda cheese and spinach

FOR THE KIDS

CHICKEN BURGER [gfo] 13
 Poached citrus & ginger chicken breast + tasty cheese + tomato sauce on brioche bun

CHEESE TOASTY [v, gfo] 5
 > add smoked ham \$2

SIDES

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

HOUSE SALAD [vg, gf, df, v] 7
 Salad greens, cherry tomatoes, cucumber, capsicum and red onion with lemon & oregano 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 Ginger & Lemon Myrtle OR Mandarin & Finger Lime 4.0%	bt1	9

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

GROUNDLED 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 [vgo] + \$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