



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 fruit loaf or Zeally Bay sourdough, with butter and Mitch's Preserves jams

APPLE & BLACKBERRY CRUMBLE PORRIDGE [v, vgo, dfo] **17**

Cinnamon spiced porridge cooked with almond milk, linseeds & chia seeds topped with apple & blackberry compote, brown sugar & walnut crumble with thickened cream

PUMPKIN PIE PANCAKES [v] **19**

Spiced pumpkin pancakes stacked with chai poached seasonal fruit, drizzled in salted caramel sauce, toasted pecans, short crust pastry biscuit & a dollop of vanilla bean mascarpone

CAULIFLOWER & GREEN PEA FRITTERS [v, gf, df, vg] **21**

Curry spiced roast cauliflower & green pea fritters with coconut, coriander & mint raita, fresh spinach, house tamarind & date chutney topped with vegan feta & cumin seed whip (add a poached free range egg for \$2.5)

MEXICAN BENEDICT [gf] **21**

Sweet potato rosti on fresh spinach with grilled chorizo, avocado & corn salsa, poached free range eggs, all topped with chipotle hollandaise & fresh lime

SMASHED AVOCADO [v, gfo, dfo, vgo] **20**

Blue Wren Bakery light rye with lemon smashed avocado, baby beetroot greens, Meredith Goat feta, roast beetroot, Mt Zero Egyptian dukkah drizzled with pomegranate molasses & vegetable crisps (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 > poached, fried, or scrambled

ADDITIONS

bacon 5
 chorizo 5
 Meredith goats 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 2.5
 [poached or fried]

Mitch's tomato chutney 2
 house vegan aioli 1
 mt zero dukkah 2
 house tamarind & date chutney 2
 house spicy harissa 2
 make it gluten free 1
 Mitch's Preserves jam 2

FOR THE KIDS

EGG ON TOAST [v, gfo] 5
 poached, fried, or scrambled
TOAST & SPREAD 6
 [v, gfo]
 two slices white toast with
 jam, peanut butter or
 vegemite
WAFFLE [v] 8
 Maple syrup + whipped cream
 + fresh seasonal berries



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LUNCH 11AM-3PM WEEKDAYS / 4PM WEEKENDS

- SOUP OF THE DAY** 14
Served with toasted sourdough, see blackboard for today's flavor
- ROAST VEGETABLE SALAD [gf, v, vgo df]** 18
A medley of roast vegetables tossed with baby beetroot greens, broccolini, toasted pine nuts and Meredith goat feta, dressed with lemon & oregano vinaigrette (add grilled chicken \$5)
- BBQ BEEF & BACON BURGER [dfo]** 22
House made beef & rosemary burger with bacon, American cheddar, shredded lettuce, tomato, red onion, house mustard mayo, tangy BBQ sauce and a side of chips
- MEXICAN BURITO BOWL [v, vg, df, gfo]** 20
Chipotle & mixed bean chili with tomato & coriander quinoa, shredded lettuce, avocado & corn salsa, mini wraps & fresh lime
- GRILLED SALMON FILLET [gf, df]** 27
Crispy skinned grilled salmon on teriyaki rice, spring onions, grilled broccolini, pickled ginger & cucumber salad with sesame, nori & kewpie mayo
- MOROCCAN CHICKPEA BURGER [df, vg, gfo, v]** 21
Spiced chickpea & buckwheat burger with carrot, fresh spinach, tomato, red onion, coconut, coriander & mint raita, house tamarind & date chutney with a side of chips

TOASTED TURKISH SANDWICHES

- ON TURKISH BREAD LOAVES** served with side salad
- HAM** 15
Salt kitchen smoked leg ham, cheese, spinach & tomato chutney
- VEGAN [vg, v, df]** 15
Vegan cheddar, roast pumpkin, spinach & caramelized onion relish
- SALAMI** 15
Spicy beef salami, roast capsicum, cheese & spinach

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
Salad greens, cherry tomatoes, cucumber, capsicum and red onion with lemon & olive oil dressing





soft drinks available from fridge

BEERS AND BREWS

HOP NATION <i>organic lager</i> 375ml	can 4.0%	8
PAPER SCISSORS ROCK <i>pale ale</i> 375ml	can 5.0%	8
HOP NATION <i>xolo hazy ipa</i> 440ml	can 6.5%	12
PAPER SCISSORS ROCK <i>dark vader stout</i> 375ml	can 5.6%	8
MOON DOG <i>strawbs & cream seltzer</i> 330ml	can 4.0%	8
MOON DOG <i>piney limey seltzer</i> 330ml	can 4.0%	8
FAIRE FERMENTS CO-OP CIDER	bt1	9
Apple 6% or Pear 5.5%		
BOTANICAL BREW JUN KOMBUCHA	bt1	9
Ginger & Lemon Myrtle OR Mandarin & Finger Lime 4.0%		

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

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
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
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FRESH JUICES

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