

WE ONLY USE SUSTAINABLE FISH, GENUINE FREE RANGE, & GRASS FED PRODUCE

TOAST - Sourdough Multigrain Bagel w house made jam vegemite honey 100% Australian peanut butter served w butter or vegan butter	GF O	6.5
HOUSE MADE FRUIT TOAST served with butter & house made jam		7
ACAI BOWL acai mixed w apple juice, coconut milk, fresh fruit, topped w cherry cacao, granola	GF V	16
BELGIAN WAFFLES House made waffles, coconut, lemon curd, fresh seasonal fruit & coconut cocofrio ice cream (vegan)	V GF	18.5
TWO FREE RANGE EGGS ON SOURDOUGH poached / fried / scrambled on toast (extra toast 1.5)	VG DFO GFO	10.5
BIG BREKKIE free range eggs (your way), bacon, Spanish chorizo, spinach, mushroom & roast tomatos on sourdough	DFO GFO	21
BIG VEG BREKKIE free range eggs (your way), avocado, zucchini & corn fritter, mushroom, spinach & roast tomatoes on sourdough	VG DFO VO	21
SMASHED AVOCADO w tomato, onion, cucumber salsa, Danish fetta, beetroot hummus served on pumpkin bread add 1 free range egg 2.5 add smoked salmon 6	VG VO DFO	17.5
THE STACK zucchini, corn & pea fritters, free range bacon, spinach, roast tomato, poached free range egg & tomato relish	GF DF	18.5
STUFFED MUSHROOMS roast mix veg, swiss flat mushrooms, buffalo mozzarella, topped w rocket, walnut salad & truffle mayo	VG GF	19
BAGEL BENEDICT (NY Bagel Co.) free range bacon, smashed avocado, poached free range eggs w hollandaise sauce on a toasted bagel, finished off w sumac	GFO	17
BAGEL FLORENTINE smoked salmon, spiced cream cheese, poached free range eggs, fried capers, Spanish onions & topped w hollandaise sauce	GFO	17.5
GRILLED HALOUMI & GREENS w grilled seasonal greens, two free range poached eggs & house made romesco sauce	VG DFO GF	18
RED LENTIL & CHICK PEA BURGER red lentil & chick pea pattie w mixed salad, tomato, avocado, beetroot hummus, vegan cheese & a side of chips or salad	V GFO	21
GRASS FED BEEF BURGER w tasty cheese, free range bacon, onion relish, pickles, mayo, lettuce & tomato served w a side of chips or salad	GFO	21
FALAFEL SUPERFOOD SALAD Israeli cous cous, kale, spinach, pumpkin & sunflower seeds, goji berries & beetroot hummus add chicken 6	VG GF VO DFO	18.5

SOUS VIDE CHICKEN SALAD free range chicken breast, grilled figs, buffalo mozzarella, rocket, fennel, fetta & walnuts w romesco sauce	GF VGO	23
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KIDS

Toast w vegemite jam honey 100% Australian natural peanut butter & butter w babycino		5
One free range egg any way on toast w babycino		6
Cheese toastie w babycino		7
Waffles w vanilla ice cream & maple syrup w babycino		7
Cheese & free range ham toastie w babycino		7

ROLLS

FALAFEL ROLL - rocket, tomato, beetroot hummus & vegan mayo	V	11
FREE RANGE EGG AND BACON w house made onion relish & mayo	DF	11
HCT free Range ham, cheese & tomato		11
BLT free Range bacon, lettuce, tomato, house made onion relish & mayo	DF	11
ELT free range egg, lettuce, tomato & mayo	DF	11
FREE RANGE MOROCCON CHICKEN ROLL morocco spice marinate chicken breast, w mixed leaves, tomato, onion, cheese & mayo	DFO	13.5

GLUTEN FREE OPTIONS AVAILABLE

V = vegan	VG = vegetarian	GF = gluten free
	DF = dairy free	
VO = vegan option	VGO = vegetarian option	
DFO = dairy free option	GFO = gluten free option	

SIDES & EXTRAS

Mushroom Spinach Roast Tomato falafels	4
Free Range Egg	2.5
Chorizo sausage	4
Marinated free range chicken Smoked Salmon	6
Avocado Free Range Bacon Free Range Ham	4.5
Extra Condiments	.5
Danish Fetta Haloumi	4
Side of chips	4.5
Bowl of chips	9
Side salad - mixed leaves, tomato, cucumber & onion salsa w fetta	4.5
GF Precinct Bread Ice Cream	2.5
Organic dairy free Cocofrio ice cream 1 scoop (vegan)	4

ALL DAY MENU

TOAST – sourdough multigrain bagel	GFO	7
w house made jam vegemite 100 % Australian peanut butter served w butter or vegan butter		
HOUSE MADE FRUIT TOAST		7
served w butter & house made jam		
ACAI BOWL	GF V	16
acai mixed w apple juice, coconut milk, fresh fruit, topped w cherry cacao granola		
BELGIAN CHOCOLATE WAFFLES	V GF	18.5
house made waffles, coconut lemon curd, fresh seasonal fruit & choc raspberry ripple cocofrio ice cream (vegan)		
TWO FREE RANGE EGGS ON SOURDOUGH	VG DFO GFO	10.5
poached / fried / scrambled on toast (extra toast 1.5)		
BIG BREAKFAST	DFO GFO	21
free range eggs (your way), bacon, Spanish chorizo, spinach, mushrooms & roast tomatoes on sourdough		
BIG VEGETARIAN BREAKFAST	VG DFO VO	21
free range eggs (your way), avocado, zucchini & corn fritter, mushrooms, spinach & roast tomato on sourdough		
SMASHED AVOCADO	VG VO DFO	17.5
w tomato, onion, cucumber salsa, Danish fetta, beetroot hummus served on pumpkin bread		
add 1 free range egg 2.5 add smoked salmon 6		
THE STACK	GF DF	18.5
zucchini, corn & pea fritters, free range bacon, spinach, roast tomato, poached free range egg & tomato relish		
STUFFED MUSHROOMS	VG GF	19
roast mix vegetables, swiss flat mushrooms, buffalo mozzarella topped w rocket & walnut salad w truffle mayo		
BAGEL BENEDICT	GFO	17
free range bacon, smashed avocado, free range poached eggs w hollandaise on a toasted bagel, finished off w sumac		
BAGEL FLORENTINE	GFO	17.5
smoked salmon, spiced cream cheese, free range poached eggs, fried capers, Spanish onions & topped w hollandaise		
GRILLED HALOUMI & GREENS	VG GF	18
w grilled seasonal greens, two free range poached eggs w house made romesco sauce		
RED LENTIL & CHICK PEA BURGER	V GFO VG DF	21
w mixed salad, tomato, avocado, beetroot hummus, vegan cheese w a side of chips or salad		
GRASS FED BEEF BURGER	GFO	21
w tasty cheese, free range bacon, onion relish, pickles, mayo, lettuce & tomato served w a side of chips or salad		
FALAFEL SUPERFOOD SALAD	VG GF VO DFO	18.5
quinoa, kale, spinach, pumpkin, sunflower & chia seeds, goji berries & beetroot hummus (add chicken 6)		
SOUS VIDE CHICKEN SALAD	GF VGO	23
free range chicken breast, grilled figs, buffalo mozzarella, rocket, fennel, walnuts w romesco sauce		
NATURALLY SMOKED EGGS (cooked your way)	GFO VG	19.5
free range naturally smoked eggs on pumpkin bread w char grilled corn and tomato salsa		

V = vegan VO = vegan option VG = vegetarian VGO = vegetarian option GF = gluten free GFO = gluten free option
 DF = dairy free DFO = dairy free option

ROLLS

FALAFEL ROLL	V	11
rocket, tomato, beetroot hummus & vegan mayo		
FREE RANGE EGG & BACON	DF	11
w house made onion relish & mayo		
HCT		11
free range ham, cheese & tomato		
BLT	DF	11
free range bacon, lettuce, tomato, house made onion relish & mayo		
ELT	DF	11
free range egg, lettuce, tomato & mayo		
MOROCCON FREE RANGE CHICKEN	DFO	13.5
moroccon spice marinate w mixed leaves, tomato, onion, cheese & mayo		

KIDS MENU

TOAST	5
w vegemite jam honey 100% Australian natural peanut butter served w butter & babycino	
FREE RANGE EGG	6
any way on toast w babycino	
CHEESE TOASTIE	6
w babycino	
WAFFLES	7
w vanilla ice cream & maple syrup w babycino	
CHEESE & FREE RANGE HAM TOASTIE	7
w babycino	

SIDES & EXTRAS

Mushroom Spinach Roast Tomato falafels	4
Free Range Egg	2.5
Free Range Smoked Egg	3.5
Chorizo sausage	4
Marinated free range chicken Smoked Salmon	6
Avocado Free Range Bacon Free Range Ham	4.5
Danish Fetta Haloumi	4
Side of chips	4.5
Bowl of chips	9
Side salad – mixed leaves, tomato, cucumber & onion salsa w fetta	4.5
GF Precinct Bread Ice Cream	2.5
Organic dairy free Cocofrio ice cream 1 scoop (vegan)	4
Extra Condiments	.5

Menu changes are not permitted during peak service periods, weekends & public holidays.

During peak periods there may be a delay in service. We will endeavour to have your meal served as promptly as possible. We thank you for your understanding.

VEGAN / VEGETARIAN / GLUTEN FREE / DAIRY FREE

options are available on request.

Please be aware that not all ingredients are listed, thus for any special dietary requirements and any allergies please chat to one of our friendly FOH staff.

PRODUCE ITEMS FOR PURCHASE

WILLOW ZEN (genuine) FREE RANGE EGGS	10
BONSOY PER BOX X 6 CARTON	23
BONSOY PER CARTON	4.2
ST DAVID MILK 2 LT	4.5
KING ISLAND COCONUT MILK 1LT	4.2
ALMOND MILK OAT MILK 1LT	4.5

COFFEE BEANS

BLEND 250g Bag

Lady Red
Stumpy
Pope Clement
Smooth Operator
Mountain Peak

1 Bag	14
2 Bags	26
3 Bags	38
4 Bags	48

SEASONAL SINGLE ORIGIN 250g Bag

1 Bag	15
2 Bags	28
3 Bags	42
4 Bags	54

MICROLOT 250g Bag

1 Bag 18

DECAF 250g Bag

1 Bag 15



