

Please inform one of our friendly staff if you have any dietary requirements or food allergies & we will be happy to assist and accommodate.

<b>Fruit toast or Banana Bread</b> , served with Butter, House Jam, Date Caramel Sauce	10
<b>Acai Bowl - (served cold)</b> Coconut, Mixed Nuts, Mixed Berries, Banana, Granola & Chia Seeds (add peanut butter 1.5) (V)	15.5
<b>Bircher Muesli</b> - Apple, Roasted Almonds, Pistachio, Sultanas, Cranberry, Coconut, Coconut Milk (V)	15
<b>Orange Pancakes</b> - w Date Caramel Sauce, Seasonal Fruit, Raspberry Coulis & Apple, Rhubarb Compote, served with Coconut Ice-Cream (GF, DF, V)	20
<b>Two Free Range Eggs on Toast your way</b>	10
<b>Super Size me</b> - Served w Two Free Range Eggs on Sourdough Toast add 3 sides of your choice below Free Range Bacon / Ham / Mushroom / Spinach / Tomato / Smashed Avocado / Feta / Baked Beans / Mushroom Croquette (GFO, DFO, VO, VGO)	21
<b>Shiitake Mushroom and Potato Croquettes</b> - w Greens, Pumpkin & herb Mayo ( add Free Range Egg 2.5) (VG, GF)	20.5
<b>Rainbow Salad</b> - Cabbage, Fennel, Cherry Tomato, Smash Avo, Mixed Seeds, Beetroot, Hummus, Herb Mayo, Pomegranate Molasses, Quinoa & Pumpkin (add Free Range Chicken 6) (V)	20.5
<b>Breakfast Bruschetta</b> - Smashed Avocado, Cherry Tomato, Fetta Cheese, Spanish Onion, Chilli, Toasted Grains & Nuts served w Pumpkin Bread & Balsamic Glaze (add one Free Range Egg 2.5) (GFO, DFO, VO, VG)	19.5
<b>Bowl of Chips</b> served w House made Mayo & Tomato Sauce	9
<b>Roquette &amp; Pear Salad</b> served w Walnuts, Parmesan, & House Dressing	10

### SIDES & EXTRAS

Extra Condiments	1	Mushroom	
Extra Toast	1.5	Spinach	
Free Range Egg	2.5	Roast Tomato	
Gluten Free Bread / Pumpkin Bread	2.5	Falafel (V)	4
Free Range Bacon / Ham	4.5	Feta	
Avocado / Smashed	4.5	Haloumi	
Marinated Free Range Chicken	6	Baked Beans	
Smoked Salmon	6	Mushroom Croquette	
		Side Salad	4.5
		Side of Chips	4.5

### BURGERS 21

*All Burgers are served w a side of Chips or Salad*

<b>Grass Fed Beef Patty</b> - Bacon, Tomato, Lettuce, Pickles, Onion Relish, House Made Mayo, Cheese & BBQ Sauce (GFO, DFO)	
<b>Cajun Free Range Chicken</b> - Tasty Cheese, Tomato, Lettuce, Beetroot (GFO, DFO)	
<b>Veggie Patty</b> - Avocado, Tomato, Vegan House Made Mayo, Onion Relish, Vegan Cheese (GFO, V, VG)	

### BENNY'S 20 (GFO, DFO, VGO)

*All Benny's are served w two Free Range Eggs & Hollandaise Sauce*

<b>Benedict</b> - Smashed Avocado & Bacon on a Bagel
<b>Atlantic</b> - Smoked Salmon, Cream Cheese, Spinach, Capers & Onion on a Bagel
<b>Smashing Pumpkin</b> - Walnut Pesto & Sage served on Pumpkin Bread

### CIABATTA ROLLS / SOURDOUGH (GFO)

<b>Free Range Egg &amp; Bacon</b> - House Made Mayo, Onion Relish	11
<b>Free Range Moroccan Chicken</b> - Lettuce, House Made Mayo, Tomato, Onion Relish & Cheese	13.5
<b>HCT</b> - Free Range Ham, Cheese & Tomato	10
<b>BLT</b> - Free Range Bacon, lettuce & Tomato	10
<b>Falafel</b> - Pumpkin, Beetroot Hummus, Tomato & Lettuce (V)	10

V = VEGAN    VG = VEGETARIAN    GF= GLUTEN FREE    DF = DAIRY FREE    O = OPTION

PTO kids and drinks menu

There is a 10% surcharge on Public Holidays

## KIDS 7

Free Range Egg on Toast  
Free Range Ham & Cheese  
Hot Cakes w Ice Cream & Maple Syrup  
Cheese Burger (Patty, Cheese, Bun & Tomato Sauce)

Add Chips 4.5

## COLD DRINKS

<b>STRANGE LOVE (330ml)</b>	4.5
Double Ginger Beer	
Holy Grapefruit	
Lemon Squash	
Very Mandarin	
Smoked Cola	
Sparkling Mineral Water (500ml)	5.1

<b>EMMA &amp; TOM'S JUICES</b>	4.5
Straight Squeezed Pure Orange	
Pressed Cloudy Apple	
Green Power - apple, banana, passionfruit, plum, lemon, spirulina, chlorella, alfalfa, kelp, spinach	
Extreme C - apple, strawberry, banana, guava, orange, mango, blackcurrant, rosehip powder	
Bottle of Truth (600ml) still water	3

## GROWN UPS

<b><u>BEER &amp; CIDER</u></b>	8
Three Ravens Pilsner	375ml
Bad Shepherd Pale Ale	375ml
Flying Brick Cider Co.	330ml
Tallboy Moose Lager	375ml

<b><u>WINE</u></b>	
House White or Red - glass	8

<b>Mimosa</b> - Prosecco & Orange Juice	10
<b>Bloody Mary</b> - Tomato Juice, Jalapeno, vodka & spices (or virgin 10)	13
<b>Espresso Martini</b>	13.5
<b>Zonin Prosecco</b>	8

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## COFFEE

Espresso	3.5
Long Black / Macchiato / Flat White	
Latte / Cappuccino / Iced latte	4.2
Magic	4.4
Affogato	5
Mocha	4.5
Iced Mocha	5.5
Iced Coffee	5
Iced Chocolate	5
Batch Brew	4.5
Pourover (weekdays only)	5.5
Cold Drip	4.5

<b>COFFEE ADD ON'S</b>	
Large	.7
Extra Shot	.5
Flavoured Syrups (Fettle & Co)	
Vanilla / Caramel	.5
<b>MILK OPTIONS</b>	.5
Bonsoy	
Oat (Alternative Dairy Co.)	
Almond (Alternative Dairy Co.)	
Coconut (Milk Lab)	
Lactose Free (Milk Lab)	

## SPECIALTY

<b><u>CALMER SUTRA CHAI (vegan)</u></b>	
Chai Tea	4.5
Chai Latte	5
Iced Chai Latte	6
Tumeric Latte	4.5
Matcha Tea (organic)	4.5
Matcha Latte (organic)	4.8
Hot Chocolate (RFA Certified) *	4.4
Iced Chocolate (RFA Certified) *	5

<b><u>ORGANIC LOOSE LEAF</u></b>	4.2
English Breakfast / Earl Grey / Green	
Peppermint / Chamomile	
Lemongrass & Ginger	

## MILKSHAKES & SMOOTHIES

<b><u>MILKSHAKES</u></b>	
(natural flavouring by Fettle & Co)	7.5
Kids	5
Strawberry / Caramel / Chocolate	
Coffee / Honey Comb / Vanilla	

<b><u>SMOOTHIES</u></b>	8.5
Banana - Walnut, Cinnamon, Flaxseed, Honey & Almond Milk	
Green - Spinach, Banana, Apple, Mango, Lemon Juice, Spirulina, Kelp	
Flaxseed, Vegan Protein Powder, & Oat Milk	
Acai Smoothie - Blueberry, Mango, and Coconut milk (add peanut butter 1.5)	



\*RFA - Rainforest Alliance Certified