

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

Fruit toast or Banana Bread , served with Butter, House Jam, Date Caramel Sauce	10
Acai Bowl - (served cold) Coconut, Mixed Nuts, Mixed Berries, Banana, Granola & Chia Seeds (add peanut butter 1.5) (V)	15.5
Bircher Muesli - Apple, Roasted Almonds, Pistachio, Sultanas, Cranberry, Coconut, Coconut Milk (V)	15
Orange Pancakes - w Date Caramel Sauce, Seasonal Fruit, Raspberry Coulis & Apple, Rhubarb Compote, served with Coconut Ice-Cream (GF, DF, V)	19.5
Two Free Range Eggs on Toast your way	10
Super Size me - 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)	20.5
Shiitake Mushroom and Potato Croquettes - w Greens, Pumpkin & herb Mayo (add Free Range Egg 2.5) (VG, GF)	20
Rainbow Salad - Cabbage, Fennel, Cherry Tomato, Smash Avo, Mixed Seeds, Beetroot, Hummus, Herb Mayo, Pomegranate Molasses, Quinoa & Pumpkin (add Free Range Chicken 6) (V)	20
Breakfast Bruschetta - 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
V = VEGAN VG = VEGETARIAN GF= GLUTEN FREE DF = DAIRY FREE O = OPTION	
<p>There is a 10% surcharge on Public Holidays</p>	

<u>BURGERS</u> 21	
<i>All Burgers are served w a side of Chips or Salad</i>	
Grass Fed Beef Patty - Bacon, Tomato, Lettuce, Pickles, Onion Relish, House Made Mayo, Cheese & BBQ Sauce (GFO, DFO)	
Cajun Free Range Chicken - Tasty Cheese, Tomato, Lettuce, Beetroot (GFO, DFO)	
Veggie Patty - Avocado, Tomato, Vegan House Made Mayo, Onion Relish, Vegan Cheese (GFO, V, VG)	
<u>BENNY'S</u> 19 (GFO, DFO, VGO)	
<i>All Benny's are served w two Free Range Eggs & Hollandaise Sauce</i>	
Benedict - Smashed Avocado & Bacon on a Bagel	
Atlantic - Smoked Salmon, Cream Cheese, Spinach, Capers & Onion on a Bagel	
Smashing Pumpkin - Walnut Pesto & Sage served on Pumpkin Bread	
<u>CIABATTA ROLLS / SOURDOUGH (GFO)</u>	
Free Range Egg & Bacon - House Made Mayo, Onion Relish	11
Free Range Moroccan Chicken - Lettuce, House Made Mayo, Tomato, Onion Relish & Cheese	13.5
HCT - Free Range Ham, Cheese & Tomato	10
BLT - Free Range Bacon, lettuce & Tomato	10
Falafel - Pumpkin, Beetroot Hummus, Tomato & Lettuce (V)	10
Bowl of Chips served w House made Mayo & Tomato Sauce	9
Roquette & Pear Salad served w Walnuts, Parmesan, & House Dressing	10
PTO	

KIDS

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



7

Add Chips 4.5

SIDES

Extra Condiments 1
 Extra Toast 1.5
 Free Range Egg 2.5
 Gluten Free Bread / Pumpkin Bread 2.5
 Free Range Bacon / Ham 4.5
 Avocado / Smashed 4.5
 Marinated Free Range Chicken 6
 Smoked Salmon 6

Mushroom
 Spinach
 Roast Tomato
 Falafel (V)
 Feta
 Haloumi
 Baked Beans
 Mushroom Croquette
 Side Salad 4.5
 Side of Chips 4.5



4

COLD DRINKS

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

EMMA & TOM'S JUICES 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

*RFA - Rainforest Alliance Certified

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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

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

SPECIALTY

CALMER SUTRA CHAI (vegan)

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

ORGANIC LOOSE LEAF

4.2
 English Breakfast / Earl Grey / Green
 Peppermint / Chamomile
 Lemongrass & Ginger

MILKSHAKES & SMOOTHIES

MILKSHAKES

(natural flavouring by Fettle & Co) 7.5
 Kids 5
 Strawberry / Caramel / Chocolate
 Coffee / Honey Comb / Vanilla

SMOOTHIES

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)

GROWN UPS

BEER & CIDER

8
 Three Ravens Pilsner 375ml
 Bad Shepherd Pale Ale 375ml
 Flying Brick Cider Co. 330ml
 Tallboy Moose Lager 375ml

WINE

8
 House White or Red - glass

Mimosa - Prosecco & Orange Juice 10

Bloody Mary - Tomato Juice, Jalapeno,
 vodka & spices (or virgin 10) 13

Espresso Martini 13.5

Zonin Prosecco 8