



| All Day Breakfast |
7am till 3pm

Toast & Seasonal Conserve 6.5

Sourdough | 7 Grain | Fruit | Gluten Free

Vegemite | Peanut Butter | Honey |
| Raspberry & Chia Jam | Blueberry & Lime Jam

Brazilian Acai 12.5

Banana, Pomegranate Honey w. Spelt Agave
Granola, Strawberries

Carrot & Lentil Fritter Stack 17.5

w. Prosciutto Shards, Chargrilled Asparagus,
Beetroot Purée & a Poached Egg

Smashed Avo & Feta 17.5

Heirloom Tomatoes, Chopped Mint, Rocket &
Freekeh Black Sesame Grain Mix

Build your own Breakfast

"Keans Free Range Eggs" on Toast

Sourdough | 7 Grain | Fruit | Gluten Free

Full Serve 9.0

Half Serve 6.5

Mushroom | Roast Tomato | Spinach | Kale 4.0

Bacon | Avocado | Chorizo | 4.5

Wood Roasted N.Z Salmon | 5.5



Croquette Benedict 19.5

Slow Cooked Pork Shoulder, Sweet Potato & Pea
w. Wilted Spinach, Poached Eggs & Apple Cider
Hollandaise

House Made Baked Beans 17.5

Chili Jam & Bacon, w. Poached Eggs &
Gorgonzola Sauce

Bells Bircher 16.5

A combination of Flaxseed, Black Sesame
Sunflower Seeds & Goji Berries, w. Coconut &
Almond Milk & Seasonal Fruits

Stuffed French Toast 18.5

Banana & Blueberry Compote, Fresh Berries &
Coconut Labneh

Green Brekky Bowl 16.5

Kale, Spinach, Sprouted Grains, Mushrooms,
Avocado Hummus, Asparagus, Quinoa, Poached Egg

Brekky Sliders 9.5

Chorizo & Baked Beans

Buttered Spinach, Ham, Scrambled Eggs &
Hollandaise

Kale & Chive Egg Fritata w. Onion Jam



| Lunch |
11am till 3pm

Brisket Salad 17.5

Slow Cooked Beef Brisket, Kale, Pomegranate
Arils, Crispy Quinoa, Yoghurt, Orange Blossom

Open Steak Sanga 20.5

Witlof Slaw, Onion & Fennel Jam on Crispy
Ciabatta w. Béarnaise Sauce

Haloumi Burger 18.5

Grilled Haloumi, Garlic Portobello Mushroom,
Labneh, Rocket & Chili Jam served w. Sweet
Potato

Quinoa Crumbed Mushroom Salad 17.5

Basil & Feta Stuffed Mushrooms, Frisee,
Haloumi, Walnuts, Radish & Kipfler Potatoes

Cured Salmon Salad 19.5

Moghrabieh Salad w. Orange Segments, Tempura
Caper Berries, Fennel & Lemon Juice & Salsa
Verde

*Please see inside for our selection of daily
sandwiches & sweets or ask our friendly wait staff*

*Due to our miniature sized kitchen we would appreciate
NO changes to our menu.
So we can deliver the highest quality fresh food
possible, Thank-you*



| Drinks |

Smoothies 9.5

Green - Cucumber, Avocado, Kiwi, Celery, Kale,
Pear, Coconut Water

Banana - Banana, Honey, Yoghurt, Milk,
Cinnamon

Acai Berry - Acai, Banana, Pomegranate Infused
Syrup, Milk

Mango - Mango, Yoghurt, Milk, Strawberry

Add Soy 0.5

Juices 7.0

Choose: Watermelon | Pineapple | Celery |
Orange | Apple | Carrot | Beetroot |

Extras 50c

Acai | Ginger | Mint | Super Greens

MEGA MIX

Watermelon, Pineapple, Celery, Orange, Apple,
Carrot, Ginger

Nakd Luxury Still Water 4.5

Nakd Luxury Sparkling Water 4.5

FIJI Water 3.5

C Organics Coconut Water 3.5



All Good Drinks 4.0

Karma Cola | Lemmy Lemonade | Gingerella |
Sparkling Blood Orange |
Sparkling Blackcurrant

Chamellia Tea 4.5

English Breakfast | Earl Grey | Peppermint |
Chamomile | Lemongrass & Ginger | Green

Beer

Coopers pale ale	7	Peroni	8
Dos Blockos	8.5	Fog City Cider	12

Wine

Sauvignon Blanc	7.5/30
Pinot Grigio	8.5/34
Pinot Noir	9.5/38
Shiraz	9.5/38
Sparkling	8.5/34

Bloody Mary	16	Espresso Martini	17
Mojito	16		



| **Friday Night's Alright** |
4pm till 7pm

Antipasto Platter 14.5
Selection of meats and Olives

Bread & Dips 9.5
Toasted Ciabatta w. Three Housemade Dips

Cheese & Crackers 12.5
Assorted Cheeses served w. Pears & Crackers

Hand Cut Fries 6.5
Served w. Chipotle Aioli & Tomato Sauce

Mojito 16.0
White Rum, Lime, Panella, Mint, Charged w.
Soda. Served in a Highball