



BREAKFAST  
TILL 11:00AM

**NATURAL START**

**Acai bowl** seasonal berries, banana, muesli & natural yoghurt (VA) **16.5**

**Market fresh fruit plate** kiwi fruit, strawberries, orange, grapefruit, banana, apple, natural yoghurt & toasted muesli (VA) **17.5**

**Bircher muesli** dried fruits & nuts, honey, seasonal berries & yoghurt (VA) **17.5**

**Granola** oat clusters, dried fruits, mixed berries, toasted nuts, natural yoghurt & skim milk (VA) **17.5**

**BAKERY**

**Ciabatta** traditional Italian, toasted (4 slices) **7.5**

**Thick-cut toast** white or multigrain, toasted (1 slice) **2.0**

**Fruit loaf** w/ condiments (2 slices) **8.5**

**Gluten free** mega grain (3 slices) **8.5**

**HEALTHIER BITES**

**Roasted field mushrooms** dressed rocket, grilled tomato, evoo, crumbled fetta on toasted ciabatta (VA) **18.5**

**Smashed avocado** toasted ciabatta, house made dukkah, citrus labneh & evoo (VA) **18.5**

**Breaky bowl** fresh spinach, organic quinoa, grilled asparagus, smashed avocado, field mushroom, roast tomato (V\*) **19.5**

**Farm fresh** gluten free mega grain, hummus, basil pesto, rocket, smashed avocado, asparagus & evoo (VA) **19.5**

**The halloumi** toasted ciabatta, smashed avocado, grilled halloumi, poached eggs & herb oil (VA) **21.5**

**SPECIALITIES**

**Fritters** zucchini & green pea, fetta, dressed rocket & crushed macadamias (V) **17.5**

**Classic 2 eggs** (any style) bacon, roast tomato, hash browns w/ ciabatta **18.5**

**French toast** w/ smoked bacon, nutmeg, cinnamon & maple syrup (V) **18.5**

**Morning mince** savoury mince, grilled tomato & fried egg w/ ciabatta **18.5**

**Benedict** poached eggs, ciabatta, hollandaise, roast tomato w/ (choice of) ham, bacon, salmon, spinach or mushrooms (V) **19.5**

**Oh boy** 3 eggs (any style), bacon, chorizo, hash browns, tomato, mince & grilled mushrooms w/ ciabatta **25.5**

**Your choice omelette** w/ ciabatta (choose 3 items) (V) **20.5**

Onion | Mushroom | Spinach | Cheddar cheese | Fetta | Bacon | Ham | Tomato | Chorizo

Additional choice **2.0ea**

Egg white omelette add 3.0

**Chef's Daily Special** please ask your wait-person **T.B.A**

**SIDES**

Egg **2.0** | Avocado **5.0** | Hash browns (4) **5.0** | Smoked bacon **5.0**

Chorizo **5.0** | Field mushrooms **5.0** | Mince **6.0** | Smoked leg ham **6.0** |

Smoked salmon **8.0** | Spinach **4.5** | Tomato **4.5**

Gluten free bread option to any meal add 3.0

All of our eggs are jumbo free range

Gluten free is available on most items. Please ask your server

V-vegetarian

V\*-vegan

VA-vegan available

Changes to menu items may incur additional charges

**SERENI TEA** 6.0 (2 CUPS)

Positive tea culture

**English breakfast** robust & full bodied blend w/ a smooth finish

**Earl grey** muscatel tea w/ citrus & floral overtones

**Spice chai** rich & warm blend w/ a fusion of bright spices

**Darjeeling green** stimulating & full flavoured w/ a sweet finish

**Chamomile herbal** golden cup w/ sweet tones & a light finish

**Peppermint herbal** uplifting & bright flavoured infusion

**Lemongrass & ginger** fresh & warm blend that cleanses & stimulates

**DIMATTINA COFFEE**

The Dimattina family has been roasting coffee in Melbourne since 1958 & they were one of the pioneers in bringing the concept of fresh bean & the espresso machine to Australia.

Short black **3.5**

Short macchiato **4.0**

Long black **4.0** | Long macchiato **4.5**

Cafe latte | Flat white | Cappuccino **5.2**

Vienna | Hot mocha | Hot chocolate | Chai latte **5.7**

Selection of chai, vanilla, caramel or hazelnut syrup **add 0.5**

Decaf **add 0.5** | Extra shot **add 0.5** | Mug **add 0.5** |

Soy milk, almond milk or zymil **add 0.5**

**HAND CRAFTED JUICES** 9.0

**Red passion** carrot, beetroot, orange & passion fruit

**Frangipani** orange, lemongrass & ginger

**Summer breeze** orange, watermelon, coconut water & lemongrass

**Waterlily** watermelon, lime & rosemary

**Fresh virgin** pineapple, coconut water & mint

**Skin tan** apple, carrot & ginger

**Health slap** apple, carrot, celery, beetroot & ginger

**Greener than Greta** cucumber, celery, spinach & apple

**SMOOTHIES** 8.5

**Bananas plus** banana, low fat milk, honey & cinnamon

**Coffee compulsion** espresso, vanilla ice cream, low fat milk & caramel syrup

**Tropical beach** banana, mango, watermelon & lime

**State of mind** apple juice, strawberry purée & mango purée

**Acai** super food at its best **9.5**

**MILKSHAKES** 8.5

Chocolate, coffee, caramel, vanilla, strawberry soy, almond or zymil **add 1.0** | Thickshake **add 1.0**

**CHILLED DRINKS**

Iced coffee | Iced chocolate | Iced mocha **8.0**

Juice - Orange | Apple | Tomato | Cranberry **7.0**

Soft drinks - Coke | Diet coke | Lemonade | Fanta **6.0**

Ginger beer **7.5** | Natural iced tea **7.0** | Coconut water **7.0**

Virgin Mary - tomato, horseradish, tabasco, lemon & other bits **12.5**

Water (Antipodes 1L) still or sparkling **11.0**

“Open for lunch and dinner from 11:30 daily”  
Bookings recommended



Menu selection may vary according to market availability. All prices include gst. 15% surcharge on public holidays. 2.5% surcharge on Amex.  
No BYO food or drinks.  
We are a little bit nuts but please let us know if you are allergic to anything. One bill per table.