Breakfast

SAMPLE

Breads & Muffins		Fruit & Grains	
Daily Baked Low-Fat Fruit Muffin	5.5	Fruit Salad With yoghurt and honey	11.5
Warm Mango & Coconut Bread	6.5	Bircher	14.5
Warm House Made Banana Bread	6.5	With oats, apple, raspberries, yoghurt, Honey, and toasted coconut	
Egg Breakfasts		Sweet Corn, Chilli, Coriander Fritters With salmon gravlax, rocket and ricotta	17.5
Egg & Bacon Roll With sliced tomato & mayonnaise	11.5	House-made Toasted Muesli With seasonal fruit, yoghurt and honey	11.5
Poached Eggs on Sourdough With roast tomato, bacon & romesco sauce	19.5	Crispy Buttermilk Waffles with a choice of 13.5 Belgium chocolate sauce or Maple flavored syrup or Baked apple & boysenberry compote with fresh ricotta Toasts	
Braised Honey and Chilli glazed bacon With poached eggs and a crisp waffle	21.0		
with poathed eggs and a trisp warne		*Gluten Free Options Available*	
House-made Baked Beans With bacon, fried eggs & sourdough toast	19.0	Sourdough or Rye Toast With house-made jam or vegemite	7.0
Scrambled eggs With chives & Tasmanian smoked salmon on sourdough toast	20.0	Spelt Mixed Fruit Toast	7.0
		Ricotta Toast With honey & cinnamon on rye	8.5
Fried Eggs On sourdough toast	12.5	Avocado & Roast Tomato With rocket & almond parsley pesto on sourdough toast	16.5
Scrambled Eggs	13.5		10.0
With chives on sourdough toast		Grilled Haloumi With fresh tomato & sautéed spinach on	19.0
Baked Chorizo Sausage & fried eggs	21.0	sourdough toast	
With Sautéed spinach on sourdough toast		Sautéed Field Mushrooms With parsley, butter, lemon, rocket & ricotta on sourdough toast	19.0
Kids Breakfast		Extras	
Fried Egg	9.5		
On sourdough toast		Avocado Bacon	4.9 4.9
Scrambled Eggs	9.5	Grilled Haloumi	4.9
On sourdough toast		House-made Baked Beans	4.9
House-made Baked Beans	9.5	Roast Tomato Ricotta	4.9 4.9
With bacon & sourdough toast	-	Sautéed Baby Spinach	4.9
Soft Boiled Egg	9.5	Sautéed Field Mushrooms	4.9
With sourdough soldiers	3.3	Slice Cheese Tasmanian Smoked Salmon	2.0 7.5
		Chorizo Sausage	6.5