

TOASTED ARTISAN BREAD 10

Two slices w/ salted French butter **V**

Swap: Precinct quinoa & soy GF bread (2 slices) +3

Add: Vegemite, Peanut Butter, Nutella, Honey 2

Triple Berry Jam 2.5

TOASTED BANANA BREAD 14.50

Salted French butter, pure Canadian maple syrup, honey spiced quinoa, house granola

SUPER GRANOLA BOWL 22

Coconut spiked yogurt, vanilla poached strawberries, salted cashew butter, blue spirulina chia, maple seeded granola **N**

PAVLOVA FRENCH TOAST 29

Caramelised brioche, tonka bean cream, roasted mango & kaffir lime, fresh berries, passionfruit, crushed meringue

TRUFFLED CHILLI SCRAMBLED EGGS 29

Toasted sourdough, scrambled eggs, mushy peas, marinated Persian feta, mint, cucumber, crispy shallots & our truffled chilli sauce **V**

Add: Smoked Bacon 8 Smoked Salmon 12 Halloumi 8

HEIRLOOM TOMATO TOAST 26

Toasted sourdough, Heirloom tomato, cucumber, high protein cottage cheese, chives, hot honey, bagel seasoning

Add: Poached Egg 4.5 Smoked Bacon 8 Smoked Salmon 12

MISO AVO 24

Toasted sourdough, avocado, miso & cashew butter, lime, chilli, black sesame, coriander **VE N**

Add: Poached Egg 4.5 Grilled Halloumi 8 Smoked Bacon 8

SMASHED AVO 24

Toasted sourdough w/za'atar, lemon olive oil, marinated Persian feta, pickled beetroot, chilli, mint **V N**

Add: Poached Egg 4.5 Smoked Salmon 12 Smoked Bacon 8

EGGS YOUR WAY ON TOAST 17

Free range eggs on sourdough toast: poached, scrambled or fried, salted French butter **V**

Add: Your favourite sides / Umami chilli oil 4 / Smoked Tomato Relish 4

SPICY BAE ROLL 18

Double smoked bacon, fried egg, cheddar, sriracha & lime mayo, crispy shallots, toasted milk bun

Add: Double-Up on Egg, Bacon & Cheese 8

House Made Hash (2pc) 7 / Wagyu Beef Patty 160g 11

Basic Bae: Double smoked bacon, fried egg, your choice of bbq or ketchup 17 (+ cheddar 1)

TOMATO & ZUCCHINI FRITTERS 30

Tzatziki labneh, pickled green tomato, baby cos & shaved fennel salad, tomato & pine nut pesto **N**

Add: Poached Egg 4.5 Halloumi 8 Smoked Salmon 12

MORNING GLORY 33

Poached eggs, fresh chives, bacon, house made hash, kale, Persian feta, smoked tomato relish, pickled onions, avocado & lime, fresh truss tomato, toasted sourdough

Add: Halloumi 8 Salted French butter 1

AHI POKE BOWL 35

Tuna crudo, steamed rice, sriracha aioli, pickled daikon, avocado, yuzu sesame, fresh cucumber, sweet & sour spiced wonton crackers **DF**

Swap: Tuna for Katsu Chicken

HIGH PROTEIN BOWL 35

Poached chicken breast, boiled egg, avocado, edamame, cucumber, broccolini, kale, gem lettuce, crispy chickpeas, dukkah, seeds & green tahini dressing (50 grams net protein) **GF DF N**

Add: Grilled Halloumi 8 Double Chicken 9

MISO GARDEN SALAD 23

Mixed leaves, shredded carrot, beetroot, avocado, watermelon radish, cranberries, smoked almonds, miso & carrot dressing. Topped with garlic chive & Cultcha Cottage Cheese **N** **Add:** Your favourite sides

SCHNITTY SCHNITTY BANG BANG SANDWICH 26

Herb & garlic chicken schnitzel w/ lettuce, fennel slaw, truffle ranch dressing, pickled cabbage, cranberries, toasted Turkish roll **DF**

Add: Rosemary fries w/ truffle mayo 8

UMAMI WAGYU BURGER 25

Seared Wagyu patty, American cheese, lettuce, fresh tomato, house pickles, umami burger sauce, all on a toasted milk bun **Add:** Double Protein & cheese 12 Bacon 8 Fried Egg 4.5 Rosemary fries w/ truffle mayo 8

PRAWN & AILA VODKA PASTA 35

Paccheri pasta, vodka sauce, prawn, chilli, garlic, lemon & basil

STEAK & EGGS PLATE 39

150g seared top sirloin, fried eggs, roasted sweet potato, kombu pickled cucumbers, tahini, avocado, sriracha butter dipping sauce

Double Down: Seared top sirloin steak (150g) 18

CRISPY SKIN SALMON 39

Tasmanian Salmon, watermelon & lime salad, mint, edamame, miso coconut & organic cashew sauce **N**

ROSEMARY TRUFFLE CHIPS 13

w/ rosemary salt & truffle mayo **DF**

ADD YOUR FAVOURITE SIDES

Truffled chilli sauce 4 / Umami chilli oil 4 / Tomato Relish 4 / Salted French butter 1

Scrambled Eggs (3 Eggs) 13

Grilled Halloumi 8 / Persian Feta 6

Garlic chive & Cultcha cottage cheese 6

Fresh Sliced Heirloom Tomato, Balsamic & EVOO 6.5

Avocado & lime 7 / Kale w/ garlic & chilli 6.5

Roasted Mushroom w/Herbs & Pecorino 8

Tomato Fritters (2pc) 8.5 / Chickpea Falafels 8.5

House Made Hash (2 pc) 7 / Roasted Sweet Potato 8

Smoked Salmon 12 / Smoked Bacon 8 / Grilled Moroccan Chicken 11 / Chicken Schnitzel 12 /

Wagyu Beef Patty 160g 11 / Grilled Salmon Fillet 90g 14

Seared top sirloin steak 150g 18

Breakfast Cocktails

MIMOSA 12

Prosecco, orange

BLOODY MARY 18

Ketel One, tomato, sriracha, spice mix, lemon, tajin rim

BREAKFAST CLUB MARTINI 20

Tanqueray, orange, ginger, yuzu, lemon, egg whites

Drinks

HOT

Short black/ Long Black (house blend or single origin) 5.5

Flat white/Cappuccino/Latte/ Mocha 5.5

Batch brew 6

Hot chocolate 5

Masala chai latte 6.5

Biscoff latte w/ oat milk 7

Matcha latte w/ oat milk 6

Make it dirty .7

CHILLED

Iced latte / Iced mocha / Iced long black 7

Iced chocolate / Iced chai 7

Large 1 Extra shot .7 Decaf .7 Alternative milk .8 (almond, soy, oat)

Syrup .7 (vanilla, caramel, hazelnut)

SPECIALITY CHILLED

Cold Brew 7

House-Made Guava Hibiscus Iced Tea 7.5

Iced Matcha latte w/oat milk 8

ADD: Banana Bread Cold Foam 5

Strawberry Matcha Iced latte w/ oat milk 11

Iced Banoffee - Homemade Biscoff banana milk topped with our

signature banana cold foam 12

ADD: Espresso .7**TEA BY THE TOTALER**

English Breakfast 6

golden tipped black tea, medium body

French Earl Grey 6

black tea, rose petals, hibiscus, marigold, blue corn flowers, bergamot

Organic Unwind 6

lemongrass, passionflower, peppermint, lavender, lemon myrtle

Ginseng Gin 6

citrus blend of ginseng, juniper, lemon myrtle, ginger, blue corn flowers

Prana Masala Black Chai 6

black tea, cinnamon, star anise, cloves, honey

Australian Green Gum 6

Australian grown blend of sencha, strawberry gum, gulbarn leaf

Immunity Tea 6

House blend of ginger, lemon, honey

Pups

DELUX PUPPACCINO 10

Keep your pup entertained while you dine with a frozen peanut butter dog bowl with frothed milk, liver treats and dog biscuit

FRESHLY SQUEEZED JUICES 12**STRAIGHT UP** - Orange**RANGA** - Orange, granny smith, carrot**WATERMELON SUGAR** - Watermelon, pineapple, strawberry, mint, lime**LEAN & GREEN** - Celery, cucumber, granny smith, lemon**DAILY GREENS** - Granny smith, cucumber, aloe vera, mint**ADD:** Ginger, Lemon or Turmeric 0.8**VITALITY SHOT 7****CLEANSING SHOT** Digestion & Inflammation

Turmeric, lemon, cayenne, carrot

SMOOTHIES**PASSION POP** - Mango, raspberry, watermelon, coconut water, passionfruit, lime **DF 13****POWERHOUSE** - Blueberries, banana, True Protein WPI 90Rich Choc, coconut water, almond butter, vanilla yogurt, dates, cocoa nibs (34g of Protein) **15****ADD:** Espresso 0.7**MILKSHAKES 10 (MAKE IT THICK + 2)**

Chocolate, strawberry, caramel, vanilla, banana

BANANA & BISCOFF THICKSHAKE 13

This sh*t is bananas - Banana, ice cream, milk, Biscoff

COLD DRINKSCadence Hydration Drink - Citrus **5.5**San Pellegrino Sparkling water / Capi Still water **4**Coke / Coke No Sugar / Lemonade / LLB **5****KIDS MENU** (only for kids 12 years and under)**EGG, BACON, TOAST & BUTTER 14.5** (Poached, scrambled or fried)**HOUSE CRUMBED CHICKEN SCHNITZEL & ROSEMARY FRIES 15****PASTA POMODORO 14.5****KIDS FRENCH TOAST 14**

French toast, french butter and maple syrup

KIDS JUICE 6.5 (apple, watermelon or orange)**KIDS HOT CHOCOLATE 5** **BABYCCINO 2.5****KIDS MILKSHAKE 6** (choc, strawberry, caramel, vanilla or banana)

Sweet

ButterBoy Cookies from **9.5**Paleo muffin/ Paleo Cookie GF/DF **6.5**Blueberry & Lemon Muffin GF **6.5**Pear & Hazelnut Tart GF **6.5**Banana Bread & Dulce de Leche Cookie GF **6.5**Mini Iced Cupcake **4.7**

+ V vegetarian / VE vegan / DF dairy free / GF gluten free / N nuts

+ Please inform your waiter if you are allergic to any food items - all dish ingredients are not listed.

+ Please no substitutions unless for dietary needs. GF available on request

+ 10% surcharge on Saturdays and Sundays / 20% surcharge on public holidays.

+ No split bills on weekends or public holidays