

TOASTED ARTISAN BREAD 10

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

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

Add: Peanut Butter, Vegemite, Nutella **2** / Honey, Blackberry Jam **2.5**

TOASTED BANANA BREAD 14.5

Salted French butter, pure Canadian maple syrup, 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

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**

SMASHED AVO 24

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

Add: Poached egg **4.5**, Smoked bacon **8**, Smoked salmon **12**

EGGS YOUR WAY ON TOAST 17

Free range poached, scrambled or fried eggs with salted french butter **V**

Add: Your favourite sides, Smoked tomato relish **4**, Umami Chilli Oil **4**

TRUFFLED CHILLI SCRAMBLED EGGS 29

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

Add: Smoked bacon **8** or Smoked salmon **12**

SPICY BAE ROLL 18

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

Add: Double Up Egg, Bacon, Cheddar **8**, Layered potato hash (2pcs) **7**, Wagyu Pattie **11**

Swap: Bacon for halloumi

Basic Bae: Double smoked bacon, fried egg, your choice of bbq, ketchup or mayo **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, grilled bacon, house made hash, kale, persian feta, smoked tomato relish, pickled onions, avocado & lime wedge, fresh truss tomato, toasted sourdough

Add: Salted french butter **1**, Poached egg **4.5**, Smoked salmon **12**, Halloumi **8**

HIGH PROTEIN BOWL 35 (50g of protein)

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

Add: Halloumi **8**, Double chicken **9**

AHI POKE BOWL 34

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

Swap: Tuna for Katsu Chicken

MISO GARDEN SALAD 23

Mixed leaves, shredded carrot, beetroot, watermelon radish, cranberries, avocado, smoked almonds, avocado, miso & carrot dressing. Topped with garlic chive & Cultcha cottage cheese **N**

Add: Poached Egg **4.5** / Falafels **8.5** / Fritters **8.5** / Moroccan grilled Chicken **11** / Halloumi **8** / Smoked salmon **12**

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 chips w/truffle mayo **8**

UMAMI WAGYU BURGER 25

Seared Wagyu patty, American cheese, lettuce, fresh tomato, house pickles, umami burger sauce on a toasted milk bun

Add: Double protein & cheese **12**, Grilled bacon **8**, Fried egg **4.5** Rosemary chips w/truffle mayo **8**

PRAWN ALLA VODKA PASTA 35

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

CRISPY SKIN SALMON 39

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

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**

ROSEMARY TRUFFLE CHIPS 13

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

Persian Feta **6** / Grilled Cypriot Halloumi **8**

Garlic chive & Cultcha cottage cheese **6**

Fresh sliced heirloom tomato, balsamic vinegar & EVOO **6.5**

Avocado & Lime **7** / Sautéed Kale in chilli & garlic **7**

Roasted Mushroom w/Herbs & Pecorino **7**

Roasted Sweet Potatoes **8**

Breakfast Cocktails

MIMOSA 14

Prosecco, orange

BLOODY MARY 19

Ketel One, tomato, sriracha, spice mix, lemon

BREAKFAST CLUB MARTINI 20

Tanqueray, Mandarin, ginger, blood orange Marmalade, lemon, whites

MANDARIN FIZZ 14

Mandarin, Lemon, Mandarin Soda

Drinks

HOT

Long Black/ Short Black 5.5

House blend or single origin

White 5.5/6.5

Batch brew 6

Hot chocolate / mocha 5.5

Masala chai latte 6.5

Matcha latte w oat milk 6.5

Unsweetened available

Biscoff latte w oat milk 7

* Make it Dirty +0.7

Large 1 / Extra shot .7 / Decaf .6 / Alternative milks .70

Almond, Soy, Oat

CHILLED

Iced Latte / Mocha / Long Black 6.5

Cold brew 6.5

Iced Chocolate/ Chai 6.5

SPECIALITY CHILLED

Strawberry Iced Matcha w oat milk 10

Iced Matcha w oat milk 7 Unsweetened available

ADD Banana Bread Coldfoam 5

House-made iced tea 7.5

Guava, hibiscus, honeydew

Iced Banoffee 12

Homemade Biscoff milk topped with our signature banana cold foam

+ Make it Dirty +0.7

TEA BY THE TOTALER

English Breakfast 6

French Earl Grey 6

Organic Unwind 6

Lemongrass, passionflower, peppermint, lavender, lemon myrtle

Ginseng Gin 6

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

Australian Green Gum 6

Australian grown blend of sencha, strawberry gum, gulbarn leaf

Prana Masala Black Chai 6

Black tea, cinnamon, star anise, cloves, honey

Immunity Tea 6

House blend of ginger, lemon, honey

FRESHLY SQUEEZED JUICES 12

STRAIGHT UP - Orange

RANGA - Orange, granny smith, carrot

DAILY GREENS - Cucumber, granny smith, mint, aloe vera

WATERMELON SUGAR - Watermelon, pineapple, strawberry, mint, lime

LEAN & GREEN - Celery, cucumber, granny smith, lemon

ADD: Ginger, Lemon or Turmeric 0.5

VITALITY SHOTS 7

CLEANSING SHOT Digestion & Inflammation

Turmeric, lemon, cayenne pepper, carrot

SMOOTHIES

PASSION POP - Raspberry, watermelon, mango sorbet,

coconut water, passionfruit, lime **DF 13**

POWERHOUSE - Blueberries, banana, True Protein WPI 90

Rich Choc, coconut water, almond butter, vanilla yogurt,

dates, cocoa nibs (34g of Protein) **15**

+ Make it Dirty +0.7

MILKSHAKES 10

Chocolate, strawberry, vanilla, biscoff (+2)

+ Make it Thick +2

COLD DRINKS

Jiva Kombucha 6.5

Mango Passionfruit or Pomegranate

Coke / Coke No Sugar/ Lemonade / LLLB 5

Cadence Hydration - Citrus 5.5

Acqua Panna Still water 250ml 4.5

San Pellegrino Sparkling water 250ml 4.5

Purezza Filter Still or Sparkling water 750ml 7

Sweets

Butterboy Cookies from 9.5

Paleo cookie GF/DF 6.5

Raspberry and white chocolate muffin **GF 6.5**

Mango Coconut Paleo Muffin **GF DF 6.5**

House made muffins - ask for today's flavour! 6.5

KIDS MENU

For our little foodies (12 and under)

EGG, BACON & TOAST 14.5

Poached, scrambled or fried w salted French butter

HOUSE CRUMBED CHICKEN SCHNITZEL & CHIPS 15

PASTA POMODORO 14.5

KIDS FRENCH TOAST 14

French toast, french butter and maple syrup

KIDS JUICE 6.5

Orange, Apple or Watermelon

KIDS MILKSHAKE 5.5

Chocolate, strawberry, vanilla

V vegetarian / VE vegan / DF dairy free / GF gluten free / N contains nut

Please inform your waiter if you are allergic to any food items - we cannot guarantee the absence of allergens in our dishes due to being produced in a kitchen that contains allergens.