

TOASTED ARTISAN BREAD 9.5

Two slices w/ salted French butter **V**
+ Precinct quinoa & soy GF bread (2 slices) **3**
Add: Vegemite, Peanut Butter, Nutella, Honey **2**
Triple Berry Jam **2.5**

TOASTED BANANA BREAD 12

Salted French butter, pure Canadian maple syrup,
toasted seeds **V**

ROCKMELON & CHIA BIRCHER 22

Chia & oat bircher muesli, native honey yoghurt,
rockmelon, raspberry, almond & macadamia granola
V N Add: Toasted Honey Granola/GF Paleo Granola **3**

THAT'S MY JAM 26

Raspberry jam filled buttermilk hotcake, vanilla bean
mascarpone, cinnamon maple syrup, fresh raspberries
& crunchy bits **V**

TRUFFLED CHILLI SCRAMBLED EGGS 27.5

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

Add: Smoked Bacon **8** Smoked Salmon **11** Halloumi **8**

TOMATO & BURRATA TOAST 26

Toasted sourdough, heirloom cherry tomatoes, eggplant
& date relish, balsamic, basil & pistachio pesto, house
dukkah, soft herbs & baby burrata **V N**

Add: Poached Egg **4.5** Smoked Bacon **8** Smoked Salmon **11**

MISO AVO 22

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 23

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

Add: Poached Egg **4.5** Smoked Salmon **11** 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**

IDAMAME & SWEET CORN FRITTERS 29

Miso cashew butter, heirloom cherry tomatoes, green
papaya, yellow bean & wild leaf salad, chilli caramel
dressing, avocado, yuzu sesame & paprika oil **V N DF**

Add: Poached Egg **4.5** Halloumi **8** Smoked Salmon **11**

MORNING GLORY 30

Poached eggs, house dukkah, bacon, house made hash,
kale, Persian feta, smoked tomato relish, pickled onions,
charred corn salsa, smashed avocado, toasted sourdough

Add: Halloumi **8** Salted French butter **1**

MISO SALMON POKE BOWL 34.5

Seared miso salmon, warm black rice salad w/cabbage,
edamame, coriander & shallots dressed with wasabi
& yuzu soy, kimchi mayo, pickled daikon, sesame,
crunchy rice crisp **DF**

MEDITERRANEAN CHICKEN BOWL 34.5

Grilled chicken, smoked labneh, za'atar roasted
cauliflower, pickled beetroot, smoked almonds, fregola,
cucumber & cherry tomato salad with toasted pita **N**

Add: Grilled Halloumi **8** Extra Grilled Chicken **11**

SALAD NOVA 23

Red salanova leaves, cucumber, charred corn, smashed
avocado, Persian feta, pickled red cabbage, butternut
pumpkin, soft herbs, sesame crunch, maple balsamic
dressing **V GF**

Add: Poached Egg **4.5** / Chipotle Grilled Chicken **11** /
Halloumi **8** / Fritters **8.5** / Smoked Salmon **11** / Falafels **8.5**
/ Fried Prawns in Korean hot sauce (4pc) **14**

CHICKEN KATSU SANDO 25

Seeded crumbed schnitzel, ginger & dashi shallots,
fresh cucumber, cabbage, yuzu mayo, tonkatsu,
shichimi seasoning, on soft white bread

Add: Rosemary fries w/ truffle mayo **7**

CHILLI CHEESE SMASH BURGER 24

Two Wagyu smash patties, burger cheese, mustard aioli,
chilli relish, iceberg, Westmont pickles, all on a toasted
milk bun **Add:** Double Protein & cheese **12** Bacon **4**

Fried Egg **4.5** Rosemary fries w/ truffle mayo **7**

SUGO & BURRATA PASTA 34

Calamarata pasta, slow braised tomato sugo, baby
burrata, confit chilli oil, basil **V**

GRILLED WA OCTOPUS 39

Crispy chermoula potatoes, romesco, wild leaves, grape,
smoked almonds **N**

HOUSE CRUMBED SCHNITZEL 36

Seeded crumbed chicken breast, beans, greens & rocket
salad, basil & watercress aioli, flaked almonds, honey
mustard dashi dressing, fresh chives, shaved pecorino,
sage beurre noisette **N Add:** Umami chilli oil **4**

ROSEMARY TRUFFLE CHIPS 12

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

ADD YOUR FAVOURITE SIDES

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

Scrambled Eggs (3 Eggs) **13**

Heirloom cherry tomatoes w/ white balsamic **6.5**
Avocado & lime **6.5** / Kale w/ garlic & chilli **6.5**
Roasted Mushroom w/Herbs & Pecorino **8**

Edamame & Sweet Corn Fritters (2pc) **8.5** / Chickpea
Falafels **8.5** / House Made Hash (2pc) **7**

Grilled Halloumi **8** / Persian Feta **5.5** / Burrata **11**
Smoked Salmon **11** / Smoked Bacon **8**

Grilled Moroccan Chicken **11** / Chicken Schnitzel **12**
Grilled Miso Salmon Fillet (160g) **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 (house blend or single origin) 5

Long black (house blend or single origin) 5

Flat White/Cappuccino/Latte 5

Batch brew 6

Hot chocolate / Mocha 5

Masala chai latte 6.5

Tumeric latte w/ almond milk 5.5

Biscoff latte w/ oat milk 7

Matcha latte w/ oat milk 6

Make it dirty .7

CHILLED

Iced latte 7 **ADD:** Raspberry Cloud +4

Iced mocha 7

Iced long black 7 **ADD:** Coconut Water +2

Iced Matcha latte w/ oat milk 8 **ADD:** Raspberry Cloud +4

Iced chocolate 7/ Iced chai 7

Cold brew 7

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

Syrup .7 (vailla, caramel, hazelnut)

SPECIALITY CHILLED

Strawberry Matcha Iced latte w/ oat milk 11

Iced Tiramisu latte w/oat milk 10

Iced Milo Cold Foam w/ espresso 10

Iced Biscoff latte w/oat milk 8

TEA BY THE TOTALER

English Breakfast 5.5

golden tipped black tea, medium body

French Earl Grey 5.5

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

Organic Unwind 5.5

lemongrass, passionflower, peppermint, lavender, lemon myrtle

Oolong Rose 5.5

blend of pure oolong tea and fragrant rose buds

Ginseng Gin 5.5

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

Prana Masala Black Chai 5.5

black tea, cinnamon, star anise, cloves, honey

Australian Green Gum 5.5

Australian grown blend of sencha, strawberry gum, gulbarn leaf

Pups

DELUX PUPPACCINO 10

FRESHLY SQUEEZED JUICES 12

STRAIGHT UP - Orange

THIRST TRAP - Watermelon, aloe vera, mint

RANGA - Orange, granny smith, carrot

PINK PASSION - Watermelon, pineapple, passionfruit, mint

LEAN & GREEN - Celery, cucumber, apple, lemon

ADD Ginger, Lemon or Turmeric 0.8

CLEANSING SHOT 6

Digestion & Inflammation- turmeric, lemon, cayenne, carrot

SMOOTHIES 13

MANCRUSH - Mango, pineapple, lime, lychee, mint **DF**

GLOW UP - Vanilla Almond Protein, Strawberry,

Blueberry, Banana, Yoghurt, Chia Seeds,

Almond Milk **N** **ADD:** Collagen +2

LIFE'S A PEACH - Peach, Raspberry, Coconut Water,

Yoghurt, Collagen **ADD:** Vanilla Almond Protein +2

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 DRINKS

House-Made Peach Iced Tea - Earl Grey, peach, yuzu & basil 7.5

Cadence Hydration Drink - Citrus 5.5

San Pellegrino Sparkling water / Capi Still water 4

Coke / Coke No Sugar / Lemonade / LLB 5

Kids (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 (ADD: grated cheese +3)

KIDS APPLE SLICE SNACK 4

KIDS JUICE 6 (apple, watermelon or orange)

KIDS HOT CHOCOLATE 5 **BABYCCINO 2.5**

KIDS MILKSHAKE 6 (choc, strawberry, caramel, vanilla or banana)

Sweet

Bite. Oreo Caramilk Cookie 8

Bite. Choc Chip Cookie 8

Bite. White Choc Macadamia Cookie 8

Bite. Pistachio Cookie 8.5

Paleo muffin/ Paleo Cookie GF/DF 6

House Made Daily Muffin (ask server for today's flavour) 6

Blueberry & Lemon Muffin GF 6

Pear & Hazelnut Tart GF 6

+ 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.

+ 1.5% surcharge for mastercard & visa payments

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

+ No split bills on weekends or public holidays