

ORGANIC TOAST white SD, chia/rye SD; buckwheat/ pumpkin seed GF / fig & raisin loaf with house butter / peanut butter / house marmalade / vegemite / house jam	6.5
ADD smashed avocado	4
EGGS ON TOAST poached, fried, scrambled, soft/hard boiled	12
<b>SIDES</b> bacon, smashed avocado, field mushrooms, grilled haloumi, Chisholm pork & fennel sausages, grilled tomato, house baked beans	4
BREKKY WRAP free range scrambled egg, grilled haloumi, mushroom spinach, za'atar labne (NF)	13 4ea
ADD bacon or avocado	
FREE RANGE EGG & BACON ROLL provolone cheese, house-made onion, tomato & sumac relish, damper (NF)	12
<b>TAKE-AWAY SPECIAL Bacon &amp; Egg Roll + reg coffee</b>	<b>12</b>
SYRIAN FALAFEL tomatoes, radish, cucumber, leaves, pickled chilli, tahini, parsley (GF NF VE)	13
WRAP	13
BOWL	16
SOBA ALL DAY edamame, cabbage, carrot, enoki, snow pea shoots, miso tahini, fried egg (GF, DF)	16 4
ADD chicken	
CHICKEN SHAWARMA panini, lettuce, tomato, avocado, toum, shanklish cheese, pickles	14
THE 80's BURGER brisket & chuck beef, beetroot, pineapple, lettuce, tomato, cheese, onion, house ketchup, shoestring fries (NF)	18
ADD fried egg	3
PORK BAO BUNS apple slaw, pickled onion, smoked chilli mayo, coriander, sweet potato chips (DF, NF)	17
FISH & SPUDS crispy battered Port Macquarie ling, smashed potatoes, green tahini, lemon (DF, NF)	16
FATTET BETINJEN middle eastern bread, chickpeas, tarator, yoghurt, eggplant, almonds, pine nuts (V)	17
ADD lamb shoulder	5

SHOESTRING FRIES sauce - tomato, BBQ, smoked chilli mayo, tahini 6

### TOASTIES

Choose - ham off the bone, tasty cheese, tomato, bacon, avocado,  
mushroom, egg, spinach (Served on square bread)

2 fillings	8
extra fillings	+2
grilled haloumi	+4
chicken schnitzel	+4
sourdough or wrap	+1
gluten free bread	+2

### KIDS (Nut Free)

BAKED POTATO, BOLOGNESE, CHEESE	10
HOUSE NUGGETS & CHIPS	9
HAM & CHEESE TOASTIE	8
EGG of your choice & soldiers	8

<b>COFFEE</b>	espresso 3	macchiato 3.5	
long black, cappuccino, latte, flat white, piccolo, hot chocolate			R 4 L 4.5
mocha, chai latte, iced latte, extra shot, decaf, soy, almond, oat			+ 0.5
<b>TEA (loose leaf)</b> English breakfast, peppermint, earl grey, green			4
<b>HOUSE STICKY CHAI or TURMERIC LATTE</b> brewed in milk			5
almond/soy/oat milk			+ 0.5
<b>3T ICED STICKY CHAI</b> served without milk; refreshing			5
<b>FRESH MINT &amp; CINNAMON TEA</b>			4
<b>FRESH JUICES GREEN:</b> kale, cucumber, apple, celery, ginger			8
<b>SPRING:</b> watermelon, orange, lemon			
<b>DETOX:</b> apple, carrot, beetroot, orange, ginger			
<b>SHAKES</b> 500ml organic choc malt / mixed berries			7.5
<b>KIDS' SHAKES</b> 250ml choc / vanilla / strawberry / caramel			3.5
<b>PERRIER SPARKLING WATER</b> 330ml			4.5
<b>SOFT DRINK GLASS BOTTLE</b> 330ml coke / coke zero / sprite			4
<b>LOCAL KOMBUCHA, ORGANIC REMEDY SWITCHEL</b>			5

CHECK THE BOARD FOR OUR SPECIAL SODA & SMOOTHIE

**KITCHEN CLOSES 2:30pm**  
**LAST COFFEE ORDERS 3pm**