

ORGANIC TOAST white SD, chia/rye SD; buckwheat/ pumpkin seed GF / fig & raisin loaf with house butter / peanut butter / house marmalade / vegemite / house jam ADD smashed avocado	6.5 4
EGGS ON TOAST poached, fried, scrambled, soft/hard boiled	12
SIDES bacon, smashed avocado, field mushrooms, grilled haloumi, pork & fennel sausages, grilled tomato, half avo, house baked beans	4
THE SOURDOUGH CRUMPET granola top, seasonal fruit, coconut yoghurt, secret syrup (VE)	16
BREKKY WRAP free range scrambled egg, grilled haloumi, mushroom spinach, za'atar labne (NF) ADD bacon	13 4
FREE RANGE EGG & BACON ROLL provolone cheese, house-made onion, tomato & sumac relish, damper (NF)	12
TAKEAWAY SPECIAL Bacon & Egg Roll+reg coffee	12
SYRIAN FALAFEL tomatoes, radish, cucumber, leaves, pickled chilli, tahini, parsley, sprouts (GF NF VE) WRAP	11
BOWL	14
TOFU SALAD zucchini, enoki mushroom, carrot, cabbage, Singapore noodles, coriander, sesame (VE NF) ADD fried or poached egg	16 3
ADD chicken	4
3T BURGER buttermilk fried chicken, house kimchi, gouda, mixed leaf, soy mayo, sesame brioche, shoestring fries (NF)	18
PORK BELLY WRAP alfalfa, cucumber, cabbage, black bean paste, mango chutney, sweet potato chips (DF, NF)	17
PASTA MADE WITH LOVE and a good pinch of pecorino	15
PORT LINCOLN SARDINES sourdough, cauliflower cream, fennel, pickled onion, parsley & walnut pesto	16
ADD fried or poached egg	3

SHOESTRING FRIES sauce - tomato, BBQ, soy 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
chicken schnitzel	+4
sourdough or wrap	+1
gluten free bread	+2

KIDS (Nut Free)

PANCAKES berry compote, whipped cream	10
HOUSE NUGGETS & CHIPS	9
HAM & CHEESE TOASTIE	8
EGG of your choice & soldiers	8

KITCHEN CLOSERS 2:30pm
LAST COFFEE ORDERS 3:15pm

COFFEE 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
TEA (loose leaf) English breakfast, peppermint, earl grey, green		4
STICKY CHAI, TURMERIC LATTE brewed in milk		5
almond/soy/oat milk		+ 0.5
FRESH JUICES GREEN: kale, cucumber, apple, celery, ginger		8
SPRING: watermelon, orange, lemon		
DETOX: apple, carrot, beetroot, orange, ginger		
SHAKES 500ml organic choc malt / mixed berries		7.5
KIDS' SHAKES 250ml choc / vanilla / strawberry / caramel		3.5
PERRIER SPARKLING WATER 330ml		4.5
SOFT DRINK GLASS BOTTLE 330ml coke / coke zero / sprite		4
ORGANIC REMEDY KOMBUCHA, SWITCHEL		5

CHECK OUR BOARD FOR SPECIAL SODA & SMOOTHIE