

# ALL DAY MENU

**Toast** ..... 6/7  
Sourdough or multigrain toast w butter & preserves/Gf

**Fruit Toast** ..... 8  
Apricot, Date & Sesame Seed loaf w butter

**Blueberry bread** (gf) ..... 11  
gluten-free blueberry bread, lemon scented custard, golden almonds & raspberry coulis

**B'fast Vegan Burrito** ..... 15.5  
Fried potatoes, avocado, tofu, cannellini beans, tomato & vegan aioli

**Bombay potatoes** (gf,V,dfo) ..... 14.5  
Baked potatoes tossed in house blend spice, cherry tomatoes, crispy onions, spinach & fried egg

**Panna cotta** ..... 14.9  
Real mango panna cotta w house blend almond & coconut granola, fruit & meringue

**Pancakes** ..... 16  
Nutella stuffed pancakes, raspberry coulis, real brownie crumbs, pure maple syrup & vanilla icecream

**Pea n Hash** (gf,V) ..... 16  
Smashed peas & potato hash, radish, mint, two poached eggs & golden dressing

**Sweet Potato Cake** (gf,vg) ..... 15.5  
Sweet potato, lentil & quinoa cakes, vegan aioli, lemon & sweet potato chips  
**+ egg** ..... 2.5

**The Ultimate Feast** (gf-o) ..... 21.9  
Eggs your way, bacon, tomato, chipolata, hash brown, tofu skewers, kale chips & sourdough toast (no sharing)

**Smashed avo** (gfo,V) ..... 15  
Smashed avo on seeded sourdough, bulgarian feta, kale chips, red quinoa & organic seeds  
**+ egg** ..... 2.5

**Turkish eggs** (gfo,V) ..... 14.9  
Scrambled eggs, feta, roasted capsicum, our dukkah & herbs salad on turkish bread

**Vegan Poké bowl** ..... 13.5  
TYB style Poké bowl w organic quinoa, kale, white beans, puffed rice, pickled cabbage, almond chips  
**+ egg** ..... 2.5  
**+ smoked salmon** ..... 5  
**+ marinated grilled tofu** ..... 5

**DIY eggs** ..... 10  
Poached, scrambled or fried eggs on sourdough, multigrain or gf toast (see optional sides)

**Add any of these:**

Rindless bacon, mushrooms,  
beef chipolata ..... 4ea  
Sautéed spinach, hash brown,  
grilled tomato ..... 3.5ea  
Smoked salmon ..... 5  
Avocado rosette ..... 5  
Marinated grilled tofu ..... 5  
Extra toast/gf,egg, Feta ..... 2.5ea

**Corn fritters** (gf) ..... 16.5  
Fried corn fritters, avo smash, tomato salsa, organic seeds & sour cream w poached egg

**Vegan Burger** (vg) ..... 17  
Roast sweet potato & lentil patty, crisp lettuce, vegan aioli w house baked sweet potato chips

**Tandoori Chicken Burger** ..... 17  
Tandoori style chicken burger, butter chicken sauce, yoghurt, tomato, red onion & lettuce

**Pork sanga** (gfo) ..... 16.5  
Traditional pulled pork sandwich, cabbage slaw, tomato & aioli

**Lamb salad** (gf,dfo) ..... 20.5  
Braised lamb shank salad, feta, minted boondi, ancient grains, spinach & curry dressing

**Chicken Maryland** (gf) ..... 18.5  
Chicken maryland salad w moghrabieh, feta, mint, cherry tomato & beet yoghurt

**House Sweet Potato Chips**  
w curry mayo ..... 10

**Fries**  
Bucket of fries ..... 6.5  
Side of fries ..... 3.5  
( w house aioli or tomato sauce)

gf - gluten free      V - vegetarian  
df - dairy free      o - option available  
vg - vegan