

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,df)	14.5
Baked potatoes tossed in house blend spice, cherry tomatoes, crispy onions, spinach & fried egg	
Vegan Chia Pudding	15.5
Tapioca Pearl & chia seeds pudding, coconut, chilled watermelon consommé & fresh fruit	
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	

The Ultimate Feast (gf-o)	21.9
Eggs your way, bacon, tomato, chipolata, hash brown, tofu skewers, kale chips & sourdough toast (no sharing)	
Sweet Potato Cake (gf,vg)	15.5
Sweet potato, lentil & quinoa cakes, vegan aioli, lemon & sweet potato chips	
+ egg	2.5
Smashed avo (gfo,V)	16
Smashed avo on seeded sourdough, bulgarian feta, kale chips, red quinoa & organic seeds	
+ egg	2.5
Vegan Poké bowl	13.5
TYB style Poké bowl w organic quinoa, kale, white beans, 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	
Turkish eggs (gfo,V)	14.9
Scrambled eggs, feta, roasted capsicum, our dukkah & herbs salad on turkish bread	
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,df)	21
Braised lamb shank salad, feta, minted boondi, ancient grains, spinach & curry dressing	
Chicken Salad (gf)	19.5
Marinated & grilled chicken breast w roast sweet potato, organic seeds, quinoa, bitter berries & cumin yogurt	
House Sweet Potato Chips	10
w curry mayo	
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