



# M E N U





# BREAKFAST

## ALL DAY

- Toasted Bread (V)** \$5  
Sourdough, white and brown high-top, soy-linseed, rye, or raisin bread. Choice of butter, jam, nutella, vegemite, or peanut butter  
Gluten free option available (\$6)
- 2 Eggs your way (V)** \$9  
Poached, fried or scrambled on sourdough toast
- Smashed Avo (V)** 1660KJ \$14  
Avocado, cherry tomatoes, marinated danish feta, pepitas, balsamic glaze on sourdough toast
- Brekkie Burger** 3160KJ \$13  
Grilled bacon, fried egg, lettuce, tomato, smashed avocado, chipotle mayo on milk bun
- French Croissant** 2030KJ \$12  
Smoked ham, swiss cheese, ripened tomato, roasted mushrooms, wilted spinach
- Puffed Quinoa Granola Bowl (V)** 2920KJ \$12  
Seasonal fruits, vanilla yogurt, honey
- Banana Walnut Waffles** 3530KJ \$16  
Bruléed banana, roasted walnuts, vanilla ice cream, fresh berries, pepitas, choice of nutella sauce or mixed berry compote  
add on: whipped cream (\$1)
- Omelette (V)** 2000KJ \$12  
Cherry tomatoes, roasted mushrooms, wilted spinach, swiss cheese, sourdough toast  
add ons: smoked ham (\$4), smoked salmon (\$5), or grilled bacon (\$5)

The average daily adult intake is 8700kj.  
V = Vegetarian, VG= Vegan, GF = Gluten free, DF = Dairy free

**TCE Big Brekkie** 2960KJ \$22  
2 eggs your way, sourdough toast, grilled bacon, chorizo, cherry tomatoes, wilted spinach, roasted mushrooms

**Halloumi & Mushroom Toast (V)** 2790KJ \$17  
Grilled halloumi, roasted mushrooms, cherry tomatoes, sautéed spinach, basil pesto, pepitas, balsamic glaze on sourdough toast

**Eggs Benny** \$17  
Choice of smoked salmon (2600KJ), ham (2500KJ), or grilled bacon (2810KJ) with two poached eggs, wilted spinach, chive hollandaise on sourdough toast

**Extras**  
Grilled bacon, chorizo, smoked salmon, marinated danish feta, halloumi \$5

Two eggs, smoked ham, smashed avocado, roasted mushrooms, cherry tomatoes \$4

## FOR THE LITTLE ONES

(UNDER 12)

- Ham & Cheese Melt** 1190KJ \$6  
1 white toast with ham & melted cheddar cheese
- Eggs on Toast** \$6  
1 white toast with eggs your way
- Cheese Soldiers** 2080KJ \$6  
6 melted cheddar cheese soldiers
- Waffle** 1500KJ \$8  
Vanilla ice cream, nutella sauce, sprinkles







Salmon on Rye 2160KJ

## LUNCH

FROM 11:30

**Grilled Vegetable & Halloumi on Rye (V)** 2160KJ **\$16**  
Eggplant, capsicum, spinach, roasted mushrooms, tomato, pesto mayo, rye bread

**Spiced Chicken Burger** 2960KJ **\$17**  
Grilled chicken breast, lettuce, tomato, smashed avocado, chipotle mayo, on a milk bun served with a side of shoestring fries

**Aussie Beef Burger** 4880KJ **\$18**  
Grilled bacon, cheddar cheese, tomato, lettuce, onion jam, roasted beetroot, barbecue sauce, on a milk bun served with a side of shoestring fries

**Salmon on Rye** 2120KJ **\$18**  
Smoked salmon, chive cream cheese, avocado, red onion, cherry tomatoes, wilted spinach, pepitas, balsamic glaze  
*add ons: two poached egg (\$4)*

**Caesar Salad** 2570KJ **\$14**  
Cos lettuce, bacon, herb-garlic croutons, poached egg, house-made caesar dressing, puffed quinoa granola  
*add ons: grilled herb chicken (\$5), avocado (\$4)*

**Roasted Beetroot & Rocket Salad (GF,V)** 2100KJ **\$13**  
Shaved parmesan, red onion, roasted walnuts, balsamic glaze  
*add ons: smoked salmon (\$5), grilled herb chicken (\$5)*

**Extras**  
Grilled bacon, chorizo, smoked salmon, marinated danish feta, halloumi **\$5**

Two eggs, smoked ham, smashed avocado, roasted mushrooms, cherry tomatoes **\$4**

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We will do our best to cater for your dietary requirements and allergy concerns.  
We are unable to guarantee that any menu item can be completely free of allergens.

## WRAPS

**Chicken, Bacon & Avo Wrap** 2940KJ **\$14**  
Bacon, cos lettuce, grilled herb chicken, caesar mayo, avocado

**Veggie Wrap (V)** 1150KJ **\$14**  
Eggplant, capsicum, baby beetroot, spinach, onion jam, marinated danish feta, basil pesto

**Salmon Wrap** 1760KJ **\$14**  
Smoked salmon, chive cream cheese, baby spinach, red onion, avocado, balsamic glaze

## SIDES

**Side of Fries** 994KJ **\$4**

**Bowl of Fries** 1650KJ **\$8**  
Tomato or barbecue sauce

## FOR THE LITTLE ONES

(UNDER 12)

**Kids Cheese Burger** 3260KJ **\$10**  
Burger patty, cheddar cheese, barbecue sauce, with a side of shoestring fries and tomato sauce

**Kids Chicken Burger** 2820KJ **\$10**  
Grilled chicken, cheddar cheese, lettuce, tomatoes, with a side of shoestring fries and tomato sauce

**Grilled Chicken & Chips** 2260KJ **\$10**  
Grilled herb chicken, side salad, with a side of shoestring fries and aioli

Roasted Baby Beetroot Salad (GF,V) 2100KJ



