

## *Breakfasty ideas*

<b>MUFFINS</b> served warm	\$4.95
<b>BANANA BREAD</b> toasted and served with maple butter	\$4.95
<b>FRITATTA</b> bacon, potato, tomato, baby and fresh herbs	\$5.95
<b>BACON</b> and egg roll with cheese, tomato relish	\$9.00
<b>AVO</b> on Toast with tamari toasted sunshine seeds	\$12

## *Lunchy stuff*

<b>BEEF &amp; ONION ROLL</b> in butter puff pastry served with ketchup	\$6.00
<b>SALMON TERRINE</b> cold smoked salmon, potato, quinoa, capers, dill with yoghurt sauce	\$6.95
<b>SUMMER TART</b> ricotta with tomato, roasted capsicum, olives and pesto dressing	\$6.95
<b>THREE CHEESE PUMPKIN TARTLET</b> with tomato relish	\$6.50
<b>FRITATTA</b> bacon, potato, tomato, baby and fresh herbs	\$5.95
<b>WILD WEED PIE</b> cauliflower, kale, dandelion, chickpeas and spinach topped with vegan bechamel and cheddar	\$6.95
<b>BONZA</b> roasted kumera, carrot, coriander and lentil patty with tahini dressing and our own pineapple chilli relish	\$6.50

## *Super Special Salads*

small bowl - choose up to 2 salads \$6.00

large bowl \$9.95

<b>BEEF BURGER</b> with cheese, beetroot, onion jam, mustard mayo, lettuce tomato and homefries	\$16.00
<b>VEGIE BURGER</b> with bonza patty, avo, tomato, sweet chilli, tahini dressing, gourmet greens and homefries.	\$15.00
<b>COCONUT CURRY</b> loaded with vegies, fresh coriander and kaffir lime and extra chilli on the side	\$15.00

*Please refer to labels in the cabinet for gluten free and vegan options.*

## Coffee & Cool Drinks

### COFFEE | CHOCOLATE | CHAI

6oz	\$3.00
8oz	\$4.00
12oz	\$5.00
16oz	\$6.00

### ICED COFFEE | CHOCOLATE | CHAI

with milk, ice and ice-cream. \$6.00

### POT OF TEA

Black, herbals and tisanes \$4.00

### SMOOTHIES \$8.00

ANTIOX mixed berries, apple, banana

SUNSET mango, pineapple, yoghurt, strawberry

MALTY-ME banana, ice, milk and malt

REFRESH apple, pineapple, lemon mint, spinach

### ICE CREAM SPIDERS

Strawberry or Lime \$4.00

## Hey Kids

CHEESIE TOASTIE \$5

MAC N CHEEZ \$5

SANDWICHES - just ask! We can do it.

## It's the Weekend!

EGGS Poached or scrambled on buttered turkish toast \$12

AVO on Toast with tamari toasted sunshine seeds \$12

MUSHROOMS on toast with fresh herbs, labne and lemon \$12

BACON and egg roll with cheese, tomato relish \$9

BENNY 2 poached eggs, bacon and hollandaise on turkish \$16

WAFFLES with ice-cream and choice of: \$12

warm mixed berries

choc fudge sauce

banana maple pecan

EGG and toast soldiers \$5

### ADD A BIT OF...

Chorizo \$4

Egg \$3

Bacon \$4

Tomato \$2

WEEKEND BREAKY 7.30 - 11.30AM