ALL DAY MENU : ENJOY ME ANY TIME

Toast <i>DF</i> <i>V</i> <i>GFV</i> Sourdough, Fig & Almond Bread, or Gluten Free Bread with jam or marmalade. Gluten free (+2)	9	Folded Eggs with Sourdough <i>GFV DFV</i> Smoked Alpine trout, horseradish crème fraiche, watercress & trout roe	24
Housemade Granola <i>GF V DFV</i> Poached stone fruit, yoghurt panna cotta, fresh berries & toasted seeds. Add: Coconut yoghurt (+2)	19	Flinders Breakfast <i>DFV GFV</i> Poached, scrambled or fried eggs on toasted sourdough with bacon, hash brown, roasted tomato, mushrooms & tomato relish	25
Brioche French Toast <i>V</i> seasonal berries, crème fraîche, toasted almonds, served with maple & blood orange syrup	22	Egg & Bacon Roll <i>DFV GFV</i> Ciabatta roll with spiced zucchini relish	13
Mushrooms on Toast <i>DFV GFV VFV</i> Sautéed mushrooms and Swiss chard, garden herbs & a poached egg on sourdough toast	22	LUNCH FROM 11AM	
Chilli Scrambled Eggs <i>GFV DFV VFV</i> with confit nduja, whipped feta, sorrel, spicy chilli crisp	24	Poke Bowl <i>GF DF V VFV</i> Edamame beans, sushi rice, pickled ginger,	19
Smashed Avocado <i>GFV DFV VFV</i> On toasted rye with Main Ridge goat curd, pistachio dukkha, cherry tomatoes, garden herbs	25	sesame seeds, avocado, nori Add: sashimi salmon (+6) Add: soy marinated silken tofu (+4)	
& a poached egg		Superfood Salad <i>GF V VFV</i> Quinoa, goji berries, smoked pumpkin,	23
Free Range Eggs <i>V DFV</i> Poached, scrambled or fried, on sourdough toast	13	sunflower seeds, goat curd	
Add in Some Extras +6 +5 +2		Wraps, Baguettes & Bagels Daily selection on display: fresh or toasted	

DF Dairy Friendly : GF Gluten Friendly : NF Nut Friendly : V Vegetarian : VG Vegan DFV Dairy Free Variantion by Request : GFV Gluten Free Variation by Request : VFV Vegan Friendly by Request

Roasted Tomatoes

Wilted Greens

Hash Browns

Roasted Mushrooms

Bacon

Avocado

Sashimi salmon

Feta

Although all care is taken in our kitchen, we are unable to guarantee that dishes are completely free of residual nuts, nut oils, fish or gluten. 10% surcharge applies on Sunday & 15% on Public Holidays. 1.6% surcharge applicable for AMEX & Diners.

GF Bread



COFFEE

All regular coffees	4.7
Hot Chocolate	5
Espresso, Short Macchiato, Ristretto	4.5
Prana Chai Latte	6
Bonsoy	+.8
Milk Lab, Almond Milk, Califia Oat Milk	1
Put it in a Mug	+1
Extra Shot	+.8
Decaf	+.5
Iced Coffee, Iced Chocolate	7.5
Iced Latte	5.1

ORGANIC TEA

English Breakfast
Sencha Green
French Earl Grey
Peppermint
Lemongrass & Ginger

4.5

4.5

4.5

4.5

4.5

WATER & FLAVOURED DRINKS

Mt Franklin Sparkling	4.9
Peach Iced Tea	8.5
Sparkling Lemon Lime Bitters	8.5
Organic Sparkling Lemonade	8.5

PREMIUM BOTTLED JUICES & SMOOTHIES

Cold Pressed The Golden Juice: 100% juice combination of pear, peach, pineapple, mango & passionfruit	6
Cold Pressed Super C Orange Juice: 100% orange juice	6
Cold Pressed Pink Apple Juice: 100% apple juice	6
Smoothie Engergise Apple, carrot, ginger, lemon & tumeric *bottle	9.5
Smoothie Cleanse Spirulina, banana, apple, orange, passionfruit & lemon *bott/e	9.5

LOCAL WINE

		Glass	Bottle
6	Ocean Eight Pinot Gris 2021 Shoreham Displaying tangerine, mandarin and a lit	14	68
6	green pear on the nose, forming an exoti but fresh mix. The riper pear flavours are more exubera on the palate early, but the freshness and zing of tangerine builds and provides nic	ic Int d	
6	length, leaving a crisp, refined & fresh fini that immediately invites another try.		
9.5	Moorooduc Estate Pinot Noir 2019 Moorooduc Deep garnet in colour with a dark rose al violet perfume to the nose, followed by dark cherry fruit with hints of mushroom, forest floor and wild herbs. Similarly dark fruited and luscious on the palate with a		75
	touch of tangy pomegranate fruit and Moroccan spice. Velvety tannins, savoury earthy notes and firm acid structure.		



BEER

Stone & Wood Pacific Ale	11
Jetty Road Pale Ale	11
Peroni	11