breakfast plates

steak + eggs 12.0
rump steak, eggs your way, toasted sourdough

avo + eggs 8.0
smashed avocado on sourdough, sea salt, eggs your way

scrambled eggs 7.0
scrambled eggs, garlic + herb butter, toasted sourdough

bakery

a considered range of freshly baked goods, available daily. see the counter for today's selection

bowls

12oz | 16oz

acai 8.0 | 10.0

greek yoghurt 6.0 | 8.0

(nude) classic
nut granola, strawberries, raspberries, blueberries, banana + pure honey

mango no.5
nut granola, mango, passionfruit, kiwi, coconut flakes, chia seeds + raspberry puree

the cpb
nut granola, banana, dark chocolate, strawberries + peanut butter

handheld

steak + avo wrap 12.0
rump steak, avocado, cajun sweet potato, rocket + caramelised onion jam

caesar wrap 8.0
garlic + herb rotisserie chicken, shredded lettuce, shaved parmesan + caesar dressing

banana + nut-butter toast 6.0
peanut or choc + hazelnut butter, sourdough toast + sliced banana

avo toast 6.0
smashed avocado on sourdough, sea salt (add pure or hot honey + 0.50)

pb + j toast 6.0
peanut butter + raspberry puree on sourdough with sliced berries

---

house plates

the steak 15.0
rump, served medium, mac + greens, garlic + soy broccoli

the chicken 12.0
garlic + herb rotisserie chicken, rocket + cherry tomato salad, cajun sweet potato wedges

the veggie 11.0
teriyaki tofu, wild rice, mango chimichurri

the salmon 12.0
miso + sesame crusted salmon, smashed garlic + herb potatoes, half avocado

build your own plate

choose a main + 2 sides 12.0

mains

garlic + herb rotisserie chicken
rump steak, served medium (+ 3.0 supplement)
teriyaki tofu
miso + sesame crusted salmon

sides

garlic + soy broccoli
mac + greens
cajun sweet potato wedges
wild rice
rocket + cherry tomato salad
smashed garlic + herb potatoes
mango chimichurri
rainbow slaw
half avocado
boiled egg

any additional sides + 3.0

salad bowls

salmon crunch 10.0
miso + sesame crusted salmon, rocket, wild rice, red cabbage, chillies, cucumber, avocado, honey mustard dressing

steak + onion jam 12.0
rump steak, caramelised onion jam, wild rocket, shaved parmesan, cherry tomatoes, honey mustard dressing

(nude) caesar 8.0
rotisserie chicken, romaine lettuce, sourdough croutons, parmesan + house caesar dressing (add boiled egg + 1.00)

teriyaki tofu 7.0
teriyaki tofu, romaine lettuce, red cabbage, spring onions, beetroot + mango chimichurri