

breakfast

available everyday 7.00am – 2.00pm. thank you for ordering at the counter

peach and apricot french toast

dipped in cinnamon sugar, raglan coconut yogurt, lemon curd, bacon, organic maple syrup **18.9**

banana toasted cinnamon bagel (v)

fresh banana, strawberry mascarpone, walnuts, pumpkin seeds, sunflower seeds **13.9**

toasted sesame bagel (gf option)

artisan bagel, cream cheese, red onion, capers, smoked salmon or ham and tomato **16.9**

★★ bacon and egg bagel

artisan bagel, bacon, cream cheese, red onion, capers, scrambled free range egg and tomato **17.9**

eggs on toast (v, rsf)

poached, scrambled or fried free range eggs on multigrain, ciabatta or gluten free bread **13.9**

spiced lentils and tomato (v)

coriander, turmeric, cumin, puy lentils, free range poached egg, turkish bread **17.9**

★★ almond and cranberry granola (v, gf, rsf, df)

toasted buckwheat, nuts, chia, berries, pure maple syrup, raglan coconut honey yoghurt, almond milk **15.9**

capers pancakes

please see board for chef's flavour of the day **18.9**

bircher and acai bowl

rolled oats, grated apple, acai, seasonal fruit, raglan coconut yogurt, almond milk **15.9**

creamy mushrooms (v)

ciabatta, garlic, onions, parmesan, creamy sauce **18.9**

kickstart omelette (gf)

spinach, microgreens, hash browns, tomato chilli, coriander salsa avocado **20.9**; salmon **21.9**

nourish breakfast bowl

(veo, gf, rsf, df)

blended almonds, cashews, blueberries, pure maple syrup, raglan coconut honey yoghurt, almond milk **15.9**

summer vegetable bowl (df,ve,v)

ciabatta, spinach, grated beetroot, grated carrot, tomato, avocado, artichoke with turmeric scrambled tofu **19.9**

kids breakfast

fruit, mini sausages, hash brown, scrambled free range egg, toast **14.9**

★★ capers constitutional

bacon, free range eggs any style, bratwurst, hash browns, mushrooms, tomatoes, toast **23.9**

★★ eggs benedict

pork belly, three poached free range eggs, ciabatta, hash brown, hollandaise **22.9**; swap pork belly for: bacon or salmon **22.9**; avocado and spinach **21.9**

bread or bagel can be replaced with gluten free option - please specify
we only use free range eggs from happy hens

kids anytime menu

chicken schnitzel

with fries and salad **14.9**

ham and cheese macaroni (rsf) **10.9**

crunchy munchy picnic plate

fairly bread, ham sandwich, vege sticks, fresh fruit, jelly pot, chicken nuggets, juice pot **15.9**

homemade beef burger

(rsf, gf option)

aioli, lettuce, tomato, with fries **14.9**

(gf) gluten free (df) dairy free (v) vegetarian (ve) vegan (veo) vegan option (rsf) refined sugar free ★★ signature dish

open 7.00am – 9.00pm, 7 days a week

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