

<b>Sourdough Toast</b> .....	7.8
w/ butter & jam, vegemite, marmalade or peanut butter	
<b>Fruit Toast</b> .....	7.8
<b>Waffle</b> .....	19.5
waffle with vanilla bean & maple poached pears, ice-cream & mixed berry couli and Toasted almonds.	
<b>Kids Waffle</b> .....	12.5
waffle with ice cream and maple syrup	
<b>H.A.L</b> .....	12.5
hummus, avocado & lemon on sourdough(v)	
add poached egg.....	3.0
<b>Homemade Banana Bread(v)</b> .....	8.5
With sesame, sunflower seeds & pepitas	
2 pieces.....	13
<b>House Granola (v)</b> .....	19.5
organic oats, nuts & seeds toasted in organic coconut oil, organic maple syrup & lemon myrtle (Australian bush spice) served with vanilla bean coyo fresh fruit & house made vegan lemon curd	
<b>Mushroom Bruschetta (v) option</b> .....	20.5
sourdough with house made basil pesto, cherry tomatoes, garlic & Thyme roasted mushrooms, lemon dressed roquette and vegan fetta.	
or with Meredith Dairy Goats Cheese.....	22
<b>Vegan Okonomiyaki</b> .....	19.5
with house made pickled cucumber & ginger, black sesame seeds, bean shoots, fried shallots, garlic aioli & sweet soy	
with a fried egg .....	22.5
<b>Scramble Tofu(v)</b> .....	17.5
organic tofu, caramelised onions, spinach, fresh herbs, tamari, sourdough	
<b>Eggs Florentine (available until 1pm)</b> .....	20.5
broccolini, wilted spinach, poached eggs & house made hollandaise on sourdough	
<b>Eggs Benedict (available until 1pm)</b> .....	21.5
free range ham, poached eggs, wilted spinach & house made hollandaise on sourdough	
<b>Free Range Eggs, poached, fried or scrambled</b> .....	13
Half serve.....	10
<b>A Little Something Extra</b>	
free-range bacon(gf).....	6
½ serve bacon.....	4
avocado(v)(gf).....	4
slice of grilled halloumi(gf).....	5
garlic & thyme mushrooms(v)(gf).....	4.5
roasted tomato(v)(gf).....	4
wilted spinach(v)(gf).....	4
spiced house beans(v)(gf).....	4
extra egg(gf).....	3.5
homemade tomato chutney(v)(gf).....	2.5

<b>Lentil &amp; Vegetable Soup(v)</b> homemade soup, vegetables, lentils, sourdough	small.....11.5 large.....16.0
<b>Dips &amp; Bread (v)</b> House made dips, warm organic turkish bread	small.....13.5 large.....17.5
<b>B.L.T</b> ..... free-range bacon, lettuce, tomato, organic turkish bread, aioli	16.5
<b>Pumpkin &amp; Greens(v)(gf)</b> ..... roasted pumpkin wedge, seasonal greens, beetroot hummus, hemp seeds, toasted tamari seeds	23.5
<b>Earthy Pleasures Buddha Bowl(v)(gf)</b> ..... brown rice, roasted sweet potato, spiced black beans, grilled broccolini, red cabbage & kale-slaw, corn on the cob, dressed in a tahini & lemon dressing served with roasted red capsicum & pumpkin hummus.	22.5
<b>Field Mushroom Burger (v)</b> ..... roasted field mushrooms, bourbon & espresso bbq glaze, cabbage & Kale slaw, vegan aioli	19.5
<b>Free-Range Beef Burger</b> ..... grass-fed beef, free-range smoked bacon, cos lettuce, tomato, cheddar cheese, caramelised onion, house-pickled zucchini & beetroot, earthy pleasures bourbon & espresso bbq sauce.	20.5
	add fried free-range egg.....3.5
	Make it Hot & Spicy With Pickled Jalapeno's & Sriracha .....3.0
<b>Cheeseburger</b> ..... free range grass-fed beef, cheddar cheese, cos lettuce & tomato sauce	15.5
<b>Cheese &amp; Tomato Toasted Sandwich</b> (not available gluten free) ..... .....	8.5
<b>Chicken &amp; Pesto Toastie</b> (not available gluten free)..... free-range chicken breast, avocado, cheddar, pesto, turkish bread.	17.5
	add Jalapenos 20.5
<b>Vegan Toastie(v)</b> (not available gluten free)..... Roast pumpkin, spinach, roasted capsicum, vegan feta, pesto, turkish bread	16.5
<b>Bowl of Chips (v)</b> ..... .....	10.5
	As a side.....5.5

Please note.

We make every attempt to accommodate your needs.  
At certain times it may not be possible to make changes to the menu