

Sourdough Toast	8.5
w/ butter & jam, vegemite, marmalade or peanut butter	
Fruit Toast	9.5
Waffle	19.5
waffle with vanilla bean & maple poached pears, ice-cream & mixed berry couli and Toasted almonds.	
Kids Waffle	12.5
waffle with ice cream and maple syrup	
H.A.L.	13
hummus, avocado & lemon on sourdough(v)	
add poached egg....	3
Homemade Banana Bread(v)	9
With sesame, sunflower seeds & pepitas	
2 pieces.....	13.5
House Granola (v)	20.5
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	
Vegan Okonomiyaki	21.5
with house made pickled cucumber & ginger, black sesame seeds, bean shoots, fried shallots, garlic aioli & sweet soy	
with a fried egg	23.5
Scramble Tofu(v)	18.5
organic tofu, caramelised onions, spinach, fresh herbs, tamari, sourdough	
Eggs Florentine (available until 1pm).....	20.5
broccolini, wilted spinach, poached eggs & house made hollandaise on sourdough	
Eggs Benedict (available until 1pm).....	21.5
free range ham, poached eggs, wilted spinach & house made hollandaise on sourdough	
Turkish Poached Eggs	
poached eggs on a bed of ricotta yoghurt, minted pistachio chili oil & sweet dukkha with Turkish bread	22
Free Range Eggs , poached, fried or scrambled.....	13.5
Half serve.....	10.5
A Little Something Extra	
free-range bacon(gf).....	6
½ serve bacon.....	4
avocado(v)(gf).....	4
Meredith Dairy Goats Cheese.....	4.5
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

Lentil & Vegetable Soup(v)	small.....13
homemade soup, vegetables, lentils, sourdough	large.....17
Middle Eastern Board (v option).....	23.5
Hummus with pistachio chilli oil, dukkah, olives, Persian fetta and Turkish bread	
Earthy Pleasures Buddha Bowl(v)(gf)	24.5
tumeric 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.	
Mushroom Bruschetta (v) option.....	21.5
sourdough with house made basil pesto, cherry tomatoes, garlic & Thyme roasted mushrooms, lemon dressed roquette and vegan fetta.	
	or with Meredith Dairy Goats Cheese.....23.5
Field Mushroom Burger (v).....	19.5
roasted field mushrooms, bourbon & espresso bbq glaze, cabbage & Kale slaw, vegan aioli	
B.L.T	17.5
free-range bacon, lettuce, tomato, organic turkish bread, aioli	
Free-Range Beef Burger.....	21.5
grass-fed beef, free-range smoked bacon, cos lettuce, tomato, cheddar cheese, caramelised onion, house-pickled zucchini & beetroot, earthy pleasures bourbon & espresso bbq sauce.	
	add fried free-range egg.....3.5
	Make it Hot & Spicy With Pickled Jalapeno's & Sriracha3.0
Cheeseburger.....	17.5
free range grass-fed beef, cheddar cheese, cos lettuce & tomato sauce	
Cheese & Tomato Toasted Sandwich (not available gluten free)	10.5
Chicken & Pesto Toastie (not available gluten free).....	18.5
free-range chicken breast, avocado, cheddar, pesto, turkish bread.	add Jalapenos 20.5
Vegan Toastie(v) (not available gluten free).....	17.5
Roast pumpkin, spinach, roasted capsicum, vegan feta, pesto, turkish bread	
Bowl of Chips (v).....	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