

Sourdough Toast	7.5
w/ butter & jam, vegemite, marmalade or peanut butter	
Fruit Toast	7.5
Waffles	19.5
2 waffles with vanilla bean & maple poached pears, ice-cream & raspberry couli	
Kids Waffle	12.0
1 waffle with ice cream and maple syrup	
H.A.L.	12.5
hummus, avocado & lemon on sourdough(v)	
add poached egg.....	3.0
Homemade Banana Bread(v)	8.0
With sesame, sunflower seeds & pepitas	
2 pieces.....	12.5
House Granola (v)	18.5
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	
Mushroom Bruschetta (v) option	19.5
sourdough with house made basil pesto, cherry tomatoes, garlic & Thyme roasted mushrooms, lemon dressed roquette and vegan fetta.	
or with Meredith Dairy Goats Cheese.....	20.5
Vegan Okonomiyaki	19.5
with house made pickled cucumber & ginger, spring onion, black sesame seeds, garlic aioli & sweet soy	
with a fried egg	22.5
Scramble Tofu(v)	17.5
organic tofu, caramelised onions, spinach, fresh herbs, tamari, sourdough	
Eggs Florentine (available until 1pm)	19.5
broccolini, wilted spinach, poached eggs & house made hollandaise on sourdough	
Eggs Benedict (available until 1pm)	20.5
free range ham, poached eggs, wilted spinach & house made hollandaise on sourdough	
Free Range Eggs, poached or fried	
1 egg.....	9.5
2 eggs.....	11.5
Scrambled	12.5
Half serve	9.0
A Little Something Extra	
free-range bacon(gf).....	6.0
½ serve bacon.....	4.0
avocado(v)(gf).....	4.0
slice of grilled halloumi(gf).....	4.0
garlic & thyme mushrooms(v)(gf).....	4.0
roasted tomato(v)(gf).....	3.5
wilted spinach(v)(gf).....	3.5
spiced house beans(v)(gf).....	4.0
extra egg(gf).....	3.5
homemade tomato chutney(v)(gf).....	2.0

Lentil & Vegetable Soup(v)	small.....	11.5
homemade soup, vegetables, lentils, sourdough	large.....	16.0
Dips & Bread (v)	small.....	12.5
House made dips, warm organic turkish bread	large.....	16.5
B.L.T		16.5
free-range bacon, lettuce, tomato, organic turkish bread, aioli		
Pumpkin & Greens(v)(gf)		22.5
roasted pumpkin wedge, seasonal greens, beetroot hummus, hemp seeds, toasted tamari seeds		
Earthy Pleasures Buddha Bowl(v)(gf)		21.5
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.		
Field Mushroom Burger (v)		19.5
roasted field mushrooms, bourbon & espresso bbq glaze, cabbage & Kale slaw, vegan aioli		
Free-Range Beef Burger		19.5
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 & Sriracha	3.0
Cheeseburger		14.5
free range grass-fed beef, cheddar cheese, cos lettuce & tomato sauce		
Cheese & Tomato Toasted Sandwich (not available gluten free)		8.0
Chicken & Pesto Toastie (not available gluten free).....		17.5
free-range chicken breast, avocado, cheddar, pesto, turkish bread.	add Jalapenos	20.5
Vegan Toastie(v) (not available gluten free).....		16.5
Roast pumpkin, spinach, roasted capsicum, vegan feta, pesto, turkish bread		
Bowl of Chips (v)		9.5
	As a side.....	4.5

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