

Sourdough Toast 7.5
w/ butter & jam, vegemite, marmalade or peanut butter

H.A.L
hummus, avocado & lemon on sourdough(v) 12.5
add poached egg 3

Homemade Banana Bread(v) 8.0
With sesame, sunflower seeds & pepitas 2 pieces 12.5

House Granola (v)
Organic oats, nuts & seeds toasted in organic coconut oil,
maple syrup & lemon myrtle (Australian bush spice) served with
vanilla bean coyo fresh fruit & vegan lemon curd 17.5

Mushroom Bruschetta (v) option
sourdough with house made basil pesto,
cherry tomatoes, garlic & Thyme roasted mushrooms, lemon dressed rocket,
avocado smash and vegan fetta 19.5
or with Meredith Dairy Goats Cheese 20.5

Vegan Okonomiyaki
with pickled cucumber & ginger, spring onion, black sesame seeds,
garlic aioli & sweet soy 18.50
with a fried egg 21.0

Scramble Tofu(v) 16.5
organic tofu, caramelised onions, spinach,
fresh herbs, tamari, sourdough

Free Range Eggs
poached or fried 1 egg 9.5
2eggs 11.5
Scrambled 12.5
Half serve 9.0

A Little Something Extra

free-range bacon(gf)	6.0		
½ serve bacon	4.0	roasted tomato(v)(gf)	3.5
avocado(v)(gf)	4.0	wilted spinach(v)(gf)	3.5
grilled halloumi(gf)	5.0	spiced house beans(v)(gf)	4.0
garlic & thyme mushrooms(v)(gf)	4.0	extra egg(gf)	3.5
		homemade tomato chutney(v)(gf)	2.0

gluten friendly bread option 2.0
(v) vegan (gf) gluten-free

Lentil & Vegetable Soup(v)		
homemade soup, vegetables, lentils, sourdough		
	small	11.5
	large	16.0
Dips & Bread (v)		
House made dips, warm organic turkish bread	small	12.5
	large	16.5
B.L.T		14.5
free-range bacon, lettuce, tomato, organic turkish bread, aioli		
Pumpkin & Greens(v)(gf)		21.0
roasted pumpkin wedge, seasonal greens, beetroot hummus, hemp seeds, toasted tamari seeds		
Earthy Pleasures Buddha Bowl(v)(gf)		21.50
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, organic bun		
Free-Range Beef Burger		19.5
grass-fed beef, free-range smoked bacon, cos lettuce, cheddar cheese, caramelised onion, house-pickled zucchini & beetroot, earthy pleasures bourbon & espresso bbq sauce, organic bun.		
	add fried free-range egg	3.5
	Make it Hot & Spicy With Pickled Jalapeno's & Sriracha	3
Cheeseburger		
grass-fed beef, cheddar cheese, cos lettuce & tomato sauce, organic bun		12.5
Cheese & Tomato Toastie (not available gluten free)		8
Chicken & Pesto Toastie (not available gluten free)		16.5
free-range chicken breast, avocado, cheddar, pesto, turkish bread		
Vegan Toastie(v) (not available gluten free)		16.5
mushroom, spinach, roasted capsicum, vegan feta, pesto, turkish bread		
Bowl of Chips (v)		9.5
	As a side	4.5

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