

<b>Sourdough Toast</b>		7.5
w/ butter & jam, vegemite, marmalade or peanut butter		
<b>Fruit Toast</b>		8.0
<b>Waffles</b>		
2 Waffles with vanilla bean & maple poached pears, ice-cream & raspberry couli		19.50
<b>Kids Waffle</b>		
1 Waffle with ice cream and maple syrup		10.5
<b>H.A.L</b>		
hummus, avocado & lemon on sourdough(v)		12.5
add poached egg		3
<b>Homemade Banana Bread(v)</b>		8.0
With sesame, sunflower seeds & pepitas	2 pieces	12.5
<b>House Granola (v)</b>		
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
<b>Mushroom Bruschetta (v) option</b>		
sourdough with house made basil pesto, cherry tomatoes, garlic & Thyme roasted mushrooms, lemon dressed rocket and vegan fetta		19.5
or with Meredith Dairy Goats Cheese		20.5
<b>Vegan Okonomiyaki</b>		
with pickled cucumber & ginger, spring onion, black sesame seeds, garlic aioli & sweet soy		18.50
with a fried egg		21.0
<b>Scramble Tofu(v)</b>		16.5
organic tofu, caramelised onions, spinach, fresh herbs, tamari, sourdough		
<b>Free Range Eggs</b>		
poached or fried	1 egg	9.5
	2 eggs	11.5
Scrambled		12.5
	Half serve	9.0
<b>A Little Something Extra</b>		
free-range bacon(gf)	6.0	
½ serve bacon	4.0	roasted tomato(v)(gf)
avocado(v)(gf)	4.0	wilted spinach(v)(gf)
grilled halloumi(gf)	5.0	spiced house beans(v)(gf)
garlic & thyme mushrooms(v)(gf)	4.0	extra egg(gf)
		homemade tomato chutney(v)(gf)
		2.0

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

<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	12.5
	large	16.5
<b>B.L.T</b>		15.5
free-range bacon, lettuce, tomato, organic turkish bread, aioli		
<b>Pumpkin &amp; Greens(v)(gf)</b>		21.0
roasted pumpkin wedge, seasonal greens, beetroot hummus, hemp seeds, toasted tamari seeds		
<b>Earthy Pleasures Buddha Bowl(v)(gf)</b>		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.		
<b>Field Mushroom Burger (v)</b>		19.5
roasted field mushrooms, bourbon & espresso bbq glaze, cabbage & Kale slaw, vegan aioli, organic bun		
<b>Free-Range Beef Burger</b>		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, organic bun.		
	add fried free-range egg	3.5
	Make it Hot & Spicy With Pickled Jalapeno's & Sriracha	3
<b>Cheeseburger</b>		
grass-fed beef, cheddar cheese, cos lettuce & tomato sauce, organic bun		12.5
<b>Cheese &amp; Tomato Toastie (not available gluten free)</b>		8
<b>Chicken &amp; Pesto Toastie (not available gluten free)</b>		17.5
free-range chicken breast, avocado, cheddar, pesto, turkish bread		
<b>Vegan Toastie(v) (not available gluten free)</b>		16.5
Roast pumpkin, spinach, roasted capsicum, vegan feta, pesto, turkish bread		
<b>Bowl of Chips (v)</b>		9.5
	As a side	4.5

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