

BREAKFAST

TOASTED SOURDOUGH 6

Ask for choice of spreads

Add for \$5:

Chunky avocado

HAVE A
WONDERFUL
DAY

FRUIT LOAF 10

With a side of butter

HAM, MELTED CHEESE AND TOMATO SANDWICH 11

EGGS ON TOAST YOUR WAY 14

Add ons for \$5:

Chunky avocado, pork & fennel sausage, truffled mushrooms, grilled tomato, double smoked bacon, spinach, house cured salmon, grilled halloumi

As well as these for \$4:

Extra egg, hollandaise, gluten free bread

SMOKED BACON & EGG BRIOCHE BURGER 18

With cheese, relish & chunky avocado

NDUJA BENNY 21

Two poached eggs, crispy bacon, nduja toasted bread & cider hollandaise

CHEESE OMELETTE 19

Melted cheese with tomato, fresh basil, balsamic glaze, red pepper harissa, toasted sourdough

GREEN BOWL (V) (VG OPTION) 20

Broccolini, spinach, asparagus, chunky avocado, two poached eggs, toasted nuts & seeds

EGGS ATLANTIC 22

Soft poached eggs, house cured salmon, chunky avocado & dukkah spice on sourdough toast

VEGGIE CUTLET (VG) (GF) 19

With flaxseed & oats, crumbled cashew parmesan, vegan cheese, beetroot puree, two poached eggs & chimichurri

SWEETS

See display or ask your waiter

COFFEE

*Want it in a mug?
+0.5*

<i>Caffeine (Hot or Iced)</i>	4.5	<i>Vanilla</i>	+1
<i>Turmeric Latte</i>	5	<i>Bonsoy Milk</i>	+0.5
<i>Chai Latte</i>	5	<i>Lactose Free Milk</i>	+1
<i>Green Matcha Latte</i>	5	<i>Almond Milk</i>	+1
		<i>Oat Milk</i>	+1

LUNCH

CHICKEN CLUB SANDWICH 20

With crispy bacon, melted cheese, mayo slaw & side of chips

FISH PLATE (GF) 24

Fried or Grilled

Crumbed barramundi, cajun spiced calamari, with chips, raw papaya & herb wombok salad, peanut dressing & fresh lemon

LAMB BURGER 20

Brioche bun with fresh tomato, smoked cheese, caramelised onion & harissa mayo slaw with rustic chips

EYE FILLET STEAK (GF) 29

However you like it cooked

With grilled asparagus, rustic chips & chimichurri

LAMB SHOULDER (GF OPTION) 26

Baharat spiced, four hour slow cooked lamb with pearl barley, black rice & mixed greens

SWEET POTATO DAHL (VG) 18

Lentils, chickpeas, spiced cauliflower, roasted sweet potato & thai basil

Add for \$5:

Chicken

SUPER GRAIN SALAD (VG) 18

Spinach, freekeh, tri colour quinoa, wild rice, toasted nuts + seeds & broccolini with almond dressing

Add for \$5:

Chicken or house cured salmon

As well as this for \$4:

Poached egg

WANT WIFI?
buyadrinkfirst

TO SHARE

HOT CHIPS 10

Tomato sauce or aoli

HALLOUMI FRIES 14

Tzatziki or aoli

FOR LITTLE FRANKIE

CALAMARI & CHIPS 11

FISH & CHIPS 11

CHEESE TOASTIE 10

GRILLED CHICKEN
& CHIPS 10

SOFT DRINKS	Mount Franklin Sparkling Water	5	Cascade 330ml	4.5	SOFT DRINKS
	Coke 330ml	4.5	Lemon Lime Bitters / Soda / Ginger Beer		
	Coke No Sugar 330ml	4.5	Soda Press Co.	6	
	Sprite 330ml	4.5	Old Fashioned Lemonade / Ginger Ale / Pink Grapefruit / Blueberry + Lime		

DRINKS

FRESH SMOOTHIES 13

BAHAMA

Mango, passionfruit, coconut, flaxseeds, turmeric, banana & vanilla bean

EVERGREEN

Kiwi, kale, spinach, pineapple, spirulina, coconut, mint & orange juice

AMAZONIAN

Acai, blueberries, pomegranate, goji berries, brazil nut, chia seeds & banana

POWER BREAKFAST

Banana, peach, oats, cacao nibs manuka honey, cinnamon & dates

HELENA

Strawberries, dragonfruit, goji berries, pink himalayan salt & dates

ORGANIC WELLNESS TEAS 5

DEEP BREATHE

Echinacea, peppermint, marshmallow root, sweet orange peel and plantain

HIBERNATE

Chamomile, passionflower, lavender, lemon balm, peppermint and liquorice

IMMUNITY

Echinacea, elderflower, calendula petals, cinnamon, hibiscus and rosehip

INVIGORATE

Lemongrass, ginger, cinnamon, lemon peel, lemon myrtle

PURIFY

Nettle leaf, spearmint, dandelion root, calendula petals and milk thistle

REJUVINATE

Tulsi, lemongrass, rose petals and lemon myrtle

SERENITY

Chamomile, linden, rose petals, lavender, spearmint and lemon balm

VITALITY

Peppermint, spearmint, siberian ginseng and sweet orange peel, liquorice and astragalus

ICED DRINKS & MILKSHAKES 7.5

ALCOHOL

MIXERS

SPRITZ 15/39

Aperol, prosecco, fresh orange & soda

BLOODY FRANKIE 17/39

Vodka, tomato juice, frank's hot sauce, worcestershire & cracked pepper

DARK N STORMY 17/39

Spiced rum, lime bitters, ginger beer & fresh fruit

PIMMS 17/39

Vodka, ginger beer, old fashion lemonade & fruit

BUBBLES

NV CASTELLI 'CHECKMATE' 9/48

Great Southern WA

NV RUGGERI ARGEO 9/49

Prosecco cartizze

WINES

MONTEVECCHIO MOSCATO 9/42

2016 - Heathcote

BRANDS LAIRA CHARDONNAY 9.5/45

2016 - Coonawarra

ASHBROOK SAV BLANC 9/40

2016 - Margaret River

BRANDS LAIRA ROSE' 9/40

Coonawarra

KANGARILLA ROAD SHIRAZ 10/47

McLaren Vale

FRANKIES SAYS RED 8/38

Sangiovese

FRANKIE SAYS WHITE 8/38

Riesling

BEER & LIQUOR

CARLTON DRAUGHT 7

COBURG LAGER 8

PENTRIDGE PALE ALE 10

CROWN LAGER 9

SON OF A GUN IPA 10

MOUNTAIN GIN & TONIC 12

BREHENY BROS SPARKLING BITTERS 8

MAKERS MARK 10

