



## **BREAKFAST**

### **Toast and Preserves**

Sourdough, rye or quinoa and soy bread

Selection of preserves and whipped butter 8

Hand crafted Gluten free toast 9

### **Eggs on toast**

Free range eggs Poached Scrambled or fried on toast 15

### **Granola**

Homemade Granola, and yoghurt /selection milk 14

With fresh fruit 19

### **Smashed Avocado**

Quinoa and soy bread, Spinach feta, poached egg, dukkah 23

### **Spoonbill bowl (V)**

Ancient grains, spinach, avocado, broccoli, and kale, beetroot hummus

Crispy chickpeas, tamari seeds 21

### **Omelette of the day**

Sourdough 22

**Egg and Bacon Roll** 15

Two Fried eggs, bacon, tomato relish

**Seasonal Fruit salad** 14

Greek yoghurt, honey 15

## **SIDES**

Smoked Salmon 7

Spinach/Field mushrooms/Tomato 5

Extra Egg 3

Toast 2

Smoked Bacon/ Avocado 6

## **HOT BEVERAGES**

Espresso coffee 4.5

Chai Latte 5

Hot Chocolate 5

Tea 4.5

### **Add On**

Large 0.5

Strong 0.5

Soy 0.5

Almond 1

Lactose Free 1

## **DRINKS**

Fresh Juice 9.5

Smoothie 9

Mount Franklin Still/ Sparkling 4.5

Bottled Juice 4.5