

Acai Bowl with Paleo Granola (GF) and Seasonal Fruit - 15

House made Granola with Rosewater Berry Compote, Fresh fruit and Yoghurt - 14

Toast - Sourdough, Rye, Fruit or Gluten Free(+1) -7

Eggs on Sourdough toast, Your Way (GFO +1) - 12.5

Smoked Salmon Bruschetta on Toasted Rye with Whipped Feta, Spinach and Poached Egg **- 16**

Breakfast Burger with Bacon, Fried Egg, Spinach, Sausage, Fresh Tomato, Cheese and House made BBQ Sauce - 16

Ricotta Pancakes with Mixed Berry Rosewater Compote, Cream, Maple Syrup - 14

Sweetcorn and Kale Fritters, Smoked Salmon and Grilled Haloumi with a Poached Egg and Sour Cream Dill Sauce - 18.5

Nourish bowl Salad - Kale, Spinach, Quinoa, Brown Rice, Nuts and Seeds, Avocado, Poached Egg - 16.5

Paleo (+bacon) - 19.5

Vegan (no egg, extra avocado) -16.5

Sourdough Smashed Avocado with Feta, Lemon and Poached Eggs (GFO +1) -17

Rustic Bruschetta: Fresh Avocado, Whipped Feta, Tomato, Bacon and Basil - 16

Daily Special Frittatas, Patties and Tarts as in display cabinet, served with choice of Fresh Daily Salads - **16.9**

Children's: Pancakes with Maple syrup and Cream - 10

Bacon and Eggs - Fried or Poached (Scrambled +2) on Toast - 10

Sides (each):

Mondo Doro Bacon, Avocado or Haloumi - 5, Cherry Tomatoes, Lemon infused Spinach, Egg - 4, Smoked Salmon - 6

For additional lunch items including Wraps, Rolls, Salads, Cakes and Slices see display cabinets.

Please order at the counter. GF = Gluten Free. GFO = Optionally Gluten Free