



### KITCHEN OPEN HOURS

MONDAY TO FRIDAY	7:30AM - 2:00PM
SATURDAY	8:00AM - 2:00PM
SUNDAY	8:00AM - 1:30PM
PUBLIC HOLIDAY	8:00AM - 1:00PM

**BREKKY BURGER** GFO 18  
 FREE RANGE FRIED EGG, SMOKEY BBQ AIOLI, CHEESE, HASH BROWN, BACON, WILDFLOUR BUN  
 + MORE BACON 6  
 + ADD CHIPS 4

**SMASHED AVO** V, N, GFO 24  
 AVOCADO SMASH, BASIL, LEMON, FETA, RADISH, GRAINS AND SEEDS, FREE RANGE POACHED EGG, PESTO AIOLI, WILDFLOUR SOURDOUGH  
 + BACON 6  
 + HALOUMI 5

**SPANISH EGGS** GFO 24  
 TWO FRIED EGGS, CHORIZO, BLACK BEANS, PICKLED GHERKIN, CORN, TOMATO SUGO, ROAST POTATO, CHIPOTLE, WILDFLOUR SOURDOUGH  
 + AVOCADO 6  
 + HALOUMI 5

**THAI CHILLI CROISSANT** V 25  
 FREE RANGE SCRAMBLED EGG, BABY SPINACH, CHILLI OIL, PARMESAN CHEESE, THAI CHILLI HOLLANDAISE, WILDFLOUR CROISSANT 6  
 + AVOCADO 5  
 + HALOUMI

**FRITTERS** V, N 26  
 CORN FRITTERS, FREE RANGE POACHED EGG, SMASHED AVOCADO, SALSA, CUCUMBER, CRISPY GRILLED ZUCCHINI, PAPRIKA DUKKAH  
 + FRIED CHICKEN 7  
 + SMOKED SALMON 7  
 + BACON 6

**ROSTI BENEDICT** GF 26  
 HOUSE MADE ROSEMARY HERB POTATO ROSTI, SAUTE SPINACH, TWO POACHED EGGS, BACON, SMOKED PAPRIKA HOLLANDAISE

**CHICKEN BOWL** GF 27  
 LEMON OREGANO CHICKEN, MARINATED CHICKPEAS, CHERRY TOMATO, BABY SPINACH, FETA, GREEK YOGHURT DRESSING

**KARAAGE BURGER** 26  
 FREE RANGE KARAAGE FRIED CHICKEN, PURPLE CABBAGE SLAW, PICKLED GINGER & CUCUMBER, SPICY KEWPIE MAYO, WILDFLOUR BUN, CHIPS  
 + ADD BACON \$6

**SPICY SQUID** N 26  
 SESAME GARLIC CALAMARI, CABBAGE, WOMBOK, CARROT, CUCUMBER, CRISPY SHALLOTS, CORIANDER, BEAN SPROUTS, LEAF MIX, SESAME LIME DRESSING

**MEXICAN BOWL** 26  
 GRILLED CHICKEN, BLACK BEANS, SWEET CORN, GUAC, CORN CHIPS, SOUR CREAM, TRI COLOUR MEXICAN CHEESE, CHIPOTLE, JALEPEÑO, BROWN RICE

**HOUSE PANCAKES** V 26  
 FRENCH VANILLA GELATO, FRESH BLUEBERRIES, STRAWBERRIES, CINNAMON SUGAR, MINT, CANADIAN MAPLE SYRUP

**BUTTERSCOTCH PANCAKES** V, N 26  
 FRENCH VANILLA GELATO, FRESH BANANA, CARAMEL CHUNKS, CARAMEL BUTTERSCOTCH SAUCE, BISCOFF CRUMB

**EGGS + TOAST** GFO 15  
 TWO FREE RANGE EGGS YOUR WAY  
 WILDFLOUR ARTISAN SOURDOUGH

**BREADS + SPREADS** GFO 15  
 WILDFLOUR SOURDOUGH: WHITE | MULTIGRAIN | FRUIT  
 HOUSE MADE JAM | VEGEMITE | PEANUT BUTTER | NUTELLA

**CHIPS** 8  
 WITH TOMATO SAUCE AND AIOLI

**SWEET POTATO FRIES** 14  
 WITH GUAC AND SALSA

**CHICKEN NUGGETS** 14  
 WITH CHIPS AND TOMATO SAUCE

**KID'S PANCAKE** 14  
 TWO PANCAKES WITH ICE CREAM AND MAPLE SYRUP

**SIDES**  
 FRIED CHICKEN | GRILLED CHICKEN | SMOKED SALMON 7  
 BACON | AVOCADO | POTATO ROSTI | CHORIZO 6  
 HASH BROWN | MUSHROOM | TOMATO | HALOUMI 5  
 SPINACH | FREE RANGE EGG 4.5

PLEASE ORDER FROM THE QR ON YOUR TABLE  
OR FROM THE COUNTER

GF — Gluten Free | GFO — Gluten Free Option +\$3 | V — Vegetarian | Ve — Vegan | N — Contains Nuts

please let us know about any dietary requirements, we are more than happy to accommodate wherever possible, however we cannot guarantee if severe allergies are involved

10% surcharge on weekends and 15% public holiday surcharge applies



**DRINKS OPEN HOURS**

MONDAY TO FRIDAY 7:30AM - 2:45PM  
 SATURDAY 8:00AM - 2:15PM  
 SUNDAY 8:00AM - 1:45PM  
 PUBLIC HOLIDAY 8:00AM - 1:00PM

<b>COFFEE BY ONA</b>	<b>5.5</b>
MUG	+ 1
<b>HOT CHOCOLATE</b>	<b>5</b>
MAKE IT MOCHA	+0.5
<b>CHAI</b>	<b>5.5</b>
MAKE IT DIRTY	+0.5
<b>MATCHA</b>	<b>6</b>
MAKE IT DIRTY	+0.5
<b>ORGANIC LEAF TEA</b>	<b>5.5</b>
ENGLISH BREAKFAST	
EARL GREY	
PEPPERMINT	
SENCHA GREEN	
CHAMOMILE	
LEMONGRASS GINGER	
HONEY CHAI	
<b>ALTERNATIVE MILKS</b>	<b>1</b>
BONSOY   ALMOND   OAT   LACTOSE FREE	

<b>KIDSHAKE</b>	<b>6.5</b>
CHOCOLATE   VANILLA   CARAMEL   STRAWBERRY BANANA   LIME	
COFFEE   MOCHA   UBE   HAZELNUT	+ 0.5
BISCOFF	+ 1

<b>MILKSHAKE</b>	<b>6.5</b>
CHOCOLATE   VANILLA   CARAMEL   STRAWBERRY BANANA   LIME	
COFFEE   MOCHA   UBE   HAZELNUT	+ 0.5
BISCOFF	+ 1

<b>THICKSHAKE</b>	<b>6.5</b>
CHOCOLATE   VANILLA   CARAMEL   STRAWBERRY BANANA   LIME	
COFFEE   MOCHA   UBE   HAZELNUT	+ 0.5
BISCOFF	+ 1

<b>FRAPPE</b>	<b>6.5</b>
CHOCOLATE   VANILLA   CARAMEL   STRAWBERRY BANANA   LIME	
COFFEE   MOCHA   UBE   HAZELNUT	+ 0.5
BISCOFF	+ 1

<b>BANANA SMOOTHIE</b>	<b>N 12</b>
PEANUT BUTTER, BANANA, HONEY, ALMOND MILK	

<b>BERRY SMOOTHIE</b>	<b>12</b>
BLUEBERRY, RASPBERRY, FRENCH VANILLA, BANANA, CHIA, OAT MILK	

<b>SNICKERS SMOOTHIE</b>	<b>N 12</b>
CHOCOLATE, PEANUT BUTTER, NUTELLA, CARAMEL, BANANA, OAT MILK	

<b>MANGO SMOOTHIE</b>	<b>12</b>
MANGO, COCONUT CREAM, PASSIONFRUIT PULP, VANILLA GELATO, OAT MILK	

<b>ICED CHOCOLATE</b>	<b>9</b>
CHOCOLATE, ICE, MILK, ICE CREAM, WHIPPED CREAM	
MAKE IT MOCHA	+ 0.5

<b>ICED LATTE</b>	<b>8.5</b>
COFFEE, ICE, MILK	
ADD ICE CREAM	+ 0.5
ADD WHIPPED CREAM	+ 0.5

<b>ICED LONG BLACK</b>	<b>8.5</b>
COFFEE, ICE, CHILLED WATER	

<b>ICED CHAI</b>	<b>9</b>
MAKE IT DIRTY	+0.5

<b>ICED MATCHA</b>	<b>9.5</b>
FIRST HARVEST MATCHA, ICE, MILK	
MAKE IT DIRTY	+0.5

<b>STRAWBERRY MATCHA</b>	<b>10</b>
FIRST HARVEST MATCHA, ICE, STRAWBERRY PUREE, MILK	

<b>UBE MATCHA</b>	<b>10</b>
FIRST HARVEST MATCHA, ICE, UBE SYRUP, MILK	

<b>VANILLA MATCHA</b>	<b>10</b>
FIRST HARVEST MATCHA, ICE, VANILLA SYRUP, MILK	

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