



MORNINGS

MONDAY - THURSDAY
6 AM to 10 AM
FRIDAY
6 AM to 11 AM

WEEKEND & PUBLIC HOLIDAYS SURCHARGE APPLIES

BREAKFAST

BACON & EGGS with RASHER BACON, EGGS YOUR WAY, GRILLED TOMATO, TOASTED SOURDOUGH and HOME-MADE RELISH 15.5

SCRAMBLED EGGS with RICOTTA, FRESH HERBS and HOME-MADE CHILLI JAM on TOASTED BREAD (V) 14.4

SMASHED AVOCADO on TOASTED SOURDOUGH with CARAMELISED BALSAMIC and REMY LIL'S DUKKAH (V/HEALTHY) 15.5

THE BIG BACON & EGG ROLL with RASHER BACON, FRIED EGG and on a FRESH MILK BUN plus CHILLI JAM, AVOCADO, HALLOUMI and HASHBROWN 16.5

EGGS BENEDICT TOASTED SOURDOUGH, POACHED EGGS and HOLLANDAISE with CHOICE of LEG HAM or BACON or SMOKED SALMON and SPINACH - +4 16

SEASONAL MUSHROOM FRICASSÉE served with SPICED POLENTA CAKE and MUSHROOM RELISH (VEGAN/GF) 18

BRUSCHETTA of SEVEN SEED LOAF with COTTAGE CHEESE, AVOCADO, BASIL PESTO, SLICED TOMATO and PEPITAS (V/HEALTHY) >> ADD BACON - 4 << 17.5

WAFFLES with LOCAL HONEY, CARAMEL, MACADAMIA CRUMBLE, GRILLED BANANA and HOME-MADE ICE-CREAM (V) 17.5

SAVOURY MINCE on TOAST with EGGS YOUR WAY 16.5

LIGHT START

TOAST YOUR WAY choose your bread (V) 7

SOURDOUGH
RAISIN TOAST
GLUTEN FREE BREAD

with LURPAK BUTTER and CHOICE of
HOMEMADE PRESERVES // NO.9 PEANUT BUTTER //
VEGEMITE // LOCAL HONEY // NUTINO

ACAI BOWL whipped with BANANA, topped with FRESH FRUIT, TOASTED COCONUT and ALMOND FLAKES (GF/LF/V/HEALTHY) 18

EGGS ON TOAST with TWO EGGS YOUR WAY on TOASTED SOURDOUGH with TOMATO RELISH (V) 10

KIDS

12 & under

WEET-BIX served with FRESH BANANA, HONEY and MILK 6

MINI PANCAKES served with MAPLE SYRUP and ICECREAM 8

KIDS CHOOSE YOUR OWN ONE PIECE OF TOAST with KIDS CHOICE of TWO ADD-ON'S 10

BABYCINO ON THE HOUSE for ALL THE COOL KIDS FREE

EXTRAS

GRILLED TOMATO - HASH BROWNS - EGGS
BACON - CHIPOLATAS - SPINACH
SAUTÉED MUSHROOMS - HOLLANDAISE
HOUSE-MADE CHILLI JAM - TOMATO RELISH 4

SMOKED SALMON - HALLOUMI - AVOCADO 5

CABINET

DAILY FRESH SELECTION
TO EAT IN HOUSE or GRAB & GO

SMOOTHIES

SNICKERS BANANA || CHOCOLATE PROTEIN || ALMOND MILK || PEANUT BUTTER || RICE MALT 12.5

GREEN CLEANSING BANANA || VANILLA PROTEIN || BABY SPINACH || KALE || AVOCADO || RICE MALT || ALMOND MILK 12.5

MANGO MANGO || VANILLA PROTEIN || MILK 12.5

STRAWBERRY & LIME STRAWBERRY || MANGO || FRESH MINT || LIME JUICE || COCONUT WATER (LF) 10

ADD PROTEIN SCOOP 3

FRAPPÉ COFFEE - CHAI - CHOCOLATE 6

ICED COFFEE // ICED CHOCOLATE SHOT of CHOICE || ICE-CREAM || MILK || ICE 6

MILKSHAKE CHOCOLATE - STRAWBERRY - VANILLA CARAMEL REG - 4.5 LRG - 6

PROTEIN SHAKE with ALMOND MILK CHOCOLATE - VANILLA 7.5

COLD DRINK

TEA

TEA POT - 4.5

ENGLISH BREAKFAST // CAMOMILE // EARL GREY // DARJEELING // PEPPERMINT GREEN // T2 GORGEOUS GEISHA GREEN // LEMON & GINGER

COFFEE & LATTE

FLAT WHITE 4.1

CAPPUCCINO 4.1

LATTE 4.1

LONG BLACK 4.1

ESPRESSO 3.1

MACCHIATO 3.1

RISTRETTO 3.1

PICCOLO 3.6

CHAI LATTE 4.1

MOCHA 4.1

HOT CHOCOLATE MILK/DARK/WHITE 4.1

SUPERFOOD ELIXIR 5
GOLDEN TURMERIC ELIXIR/MAHO MATCHA ELIXIR
BEYOND BEETROOT ELIXIR/ENERGY CHAI ELIXIR
>> SERVED COLD || ONE SIZE - +1.9 <<

EXTRA SHOT .5

FLAVOURED SYRUP .6
MINT/VANILLA/HAZELNUT/RASPBERRY/CARAMEL

SPECIALTY MILK .4
LACTOSE FREE/SOY/ALMOND

MUG UPGRADE 1.5

THE DISPENSARY

Gluten free bread available with any dish *surcharge applies*

Takeaway available



DAY MENU

MONDAY - THURSDAY
10 AM to 2 PM
FRIDAY
11 AM to 2 PM

WEEKEND & PUBLIC HOLIDAYS SURCHARGE APPLIES

LUNCH

EGGS BENEDICT TOASTED SOURDOUGH, POACHED EGGS and HOLLANDAISE with CHOICE of LEG HAM or BACON or SMOKED SALMON and SPINACH - +4 16

SMASHED AVOCADO on SOURDOUGH with CARAMELISED BALSAMIC and DUKKAH (V/HEALTHY) 15.5

WARM BREAD with DUKKAH, OLIVE OIL and BALSAMIC GLAZE 15

BROAD BEAN HUMMUS served with CHARRED ZUCCHINI, PRESERVED LEMONS and GOATS CHEESE with HOUSE FLATBREAD (V) >> GLUTEN FREE AVAILABLE << 19

SEASONAL MUSHROOM FRICASSÉE served with SPICED POLENTA CAKE and MUSHROOM RELISH (VEGAN/GF) 18

STICKY FRIED CHICKEN with THAI SALAD and NAHM JIM JAEW SAUCE 24

CRUMBED REEF FISH with SMASHED PEAS and BUTTERMILK SALAD 22

CRAB PASTA with CRAB CLAW MEAT, ANGEL HAIR PASTA, CHILLI, GARLIC, FRESH HERBS, CHERRY TOMATOES, FRIED BASIL and PARMESAN 24

LAMB SHOULDER with CHARRED CAULIFLOWER, BUCKWHEAT, MINT and SUMAC YOGHURT 22

CONFIT PORK BELLY with CELERIAC and ROASTED PEARS finished with HAZELNUT (GF) 26

OYSTERS

FRESHLY SHUCKED AUSTRALIAN OYSTERS
NATURAL with FRESH CITRUS
served choice of 3 - 19.5 // 6 - 33.5 // 12 - 48.5

**Due to us choosing to only serve LIVE fresh oysters, shucked to order, we only hold limited numbers to ensure high quality

STEAK

300G ANGUS SIRLOIN 32
>> GRASS-FED GRASSLANDS PREMIUM NATURAL <<
served with CAFÉ DE PARIS BUTTER,
CRISP FRIES and CRUNCHY SALAD with GREEN GODDESS DRESSING
* UPGRADE TO SWEET POTATO FRIES ~ 4 *

BURGERS

HOUSE CHEESEBURGER 19
with BEEF PATTY, PEACH KETCHUP,
AMERICAN CHEDDAR and HOME-MADE PICKLES

PERI PERI SPICED CHICKEN BURGER 19
GRILLED or CRISPY with HOUSE SLAW
and LIME CORIANDER DRESSING

HOUSE STEAK SANDWICH 18.5
with LETTUCE, TOMATO, BEETROOT, ONION JAM,
and CHEDDAR CHEESE
>> GLUTEN FREE AVAILABLE <<

ALL BURGERS COME with a SIDE of CRISP FRIES
*UPGRADE TO SWEET POTATO FRIES ~ 4

SIDES

GREEN LEAF SALAD with VINAIGRETTE (V/GF) 8

CRISP FRIES with AIOLI (V) 10

SWEET POTATO FRIES with AIOLI (V) 12

LONG LUNCH

HOME OF THE LONG LUNCH
THE CHEF'S BEST - SERVED BANQUET STYLE FOR YOU TO ENJOY
PRE-ORDER ONLY - STARTING FROM \$85PP

KIDS

12 & under

FISH PIECES with CHIPS and TOMATO SAUCE 12
CHICKEN PIECES with CHIPS and TOMATO SAUCE 12
TOMATO PASTA with BASIL and PARMESAN 12
KIDS FRIES with TOMATO SAUCE 6
BABYCINO ON THE HOUSE for ALL THE COOL KIDS FREE

ALCOHOL

NEED A DRINK?

SPEAK with OUR STAFF to ACCESS OUR OUTSTANDING LIST of AUSTRALIAN and INTERNATIONAL WINES, OUR WIDE and ECLECTIC RANGE of TOP SHELF SPIRITS and OUR EXTENSIVE RANGE of BEERS

SMOOTHIES

SNICKERS 12.5
BANANA || CHOCOLATE PROTEIN ||
ALMOND MILK || PEANUT BUTTER || RICE MALT

GREEN CLEANSING 12.5
BANANA || VANILLA PROTEIN || BABY SPINACH ||
KALE || AVOCADO || RICE MALT || ALMOND MILK

MANGO 12.5
MANGO || VANILLA PROTEIN || MILK

STRAWBERRY & LIME 10
STRAWBERRY || MANGO || FRESH MINT ||
LIME JUICE || COCONUT WATER (LF)

ADD PROTEIN SCOOP 3

COLD DRINK

FRAPPÉ 6
COFFEE - CHAI - CHOCOLATE

ICED COFFEE // ICED CHOCOLATE 6
SHOT of CHOICE || ICE-CREAM || MILK || ICE

MILKSHAKE REG - 4.5 LRG - 6
CHOCOLATE - STRAWBERRY - VANILLA
CARAMEL

PROTEIN SHAKE with ALMOND MILK 7.5
CHOCOLATE - VANILLA

BLOODY MARY served with CRISPY BACON 22
- VIRGIN STYLE 15

Gluten free bread & gluten free pasta available with any dish *surcharge applies*

Takeaway available *excludes alcohol*

THE DISPENSARY