

FOOD AT TOAST

TOAST	white	5.9	potato and parmesan	6.5	
	wholegrain	5.9	polenta (1 slice)	6.9	
	rye	6.5	turkish bread	6.5	
	raisin toast	6.5	ciabatta	6.5	
	fig and walnut	6.9	bagel	6.5	
	banana bread (1 slice)	6.9	croissant	5.9	
	gluten free (when available)	6.9	challah	6.5	
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ON TOAST	choc hazelnut nutella (challah)			10.5	
	banana and cinnamon sugar (challah)			10.9	
	fruit toast with spiced ricotta, fresh pear and honey (fig and walnut)			15.0	
	mascarpone, toasted almonds and honey (banana bread)			15.0	
	avocado and vegemite (wholegrain) ~ try with a poached egg or two			11.0	
	roasted tomato, feta and basil (sourdough)			13.9	
	tinned sardines (sourdough)			9.9	
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SPECIAL TO TOAST	corn fritters with bacon and maple syrup ~ try it with eggs			16.9	
	corn fritters with avocado, poached eggs and hollandaise sauce			18.0	
	potato, mint and feta pancakes with smoked salmon, poached eggs, sour cream and chives			19.0	
	open rye sandwich with smoked salmon, tomato salsa, avocado, capers and a poached egg			16.9	
	egg white omelette with roasted capsicum, cherry tomatoes, spinach, ricotta, pecorino cheese			19.0	
	french toast with ricotta, blueberries, and maple syrup			17.0	
	polenta toast with mushrooms, soft italian cheese, fresh parsley			17.0	
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THE USUAL SUSPECTS	eggs and toast, scrambled (add \$1), poached or fried			11.9	
	bacon, eggs and toast, scrambled (add \$1), poached or fried			15.9	
	full breakfast with all of the above plus chipolatas, grilled tomato and mushrooms, scrambled (add \$1), poached or fried			22.0	
	vegetarian full breakfast with stuffed field mushroom, eggs, grilled tomato, corn fritter, spinach, toast			19.9	
	cheesy scrambled eggs with chives, roasted tomato and rye toast			17.9	
	herb and mushroom omelette with fresh herbs and tasty cheddar			19.0	
	eggs benedict	potato and parmesan toast with leg ham, poached eggs and hollandaise			16.9
	eggs florentine	potato and parmesan toast with with spinach, poached eggs and hollandaise			16.5
	eggs norwegian	potato and parmesan toast with with smoked salmon, poached eggs and hollandaise			18.5
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BREAKFAST EXTRAS	spinach, one egg, capers, chilli jam, swiss cheese, tomato, hollandaise			2.5	
	roasted tomato, mushrooms, corn fritter, potato pancake, avocado, slice of toast, pumpkin, danish fetta			3.5	
	bacon, ham, stuffed field mushroom, smoked salmon, chipolatas			5.0	

Toast

see specials board for more, please order at the counter, prices include gst
half serves, where possible, are charged at 25% off

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BREAKFAST IN A BOWL

seasonal fruit with mundella natural yoghurt and honey	14.7
traditional porridge cooked with water, served with brown sugar and warm milk ~ like your or my grandma used to make!	11.0
bircher muesli, traditional swiss style, oats soaked in dairy, served with rhubarb and raspberry compote, toasted almonds	14.2
mundella natural yoghurt, mixed nuts and berries	11.0

CREPES

SWEET

lemon and vanilla sugar	10.6
maple syrup	10.6
rhubarb and raspberry compote, toasted almonds	14.7
spiced ricotta, honey and almonds	13.7
awesome chocolate sauce and toasted hazelnuts	12.9
caramelized banana crepes	15.0

SAVOURY (all grilled with tasty cheddar)

ham, cheese and mushroom	16.0
spinach, bacon and avocado	17.0
bacon, roasted tomato and cheese	16.0
spinach, pumpkin and blue cheese	16.6
spinach, tomato salsa and ricotta	16.0
chicken, ricotta, roasted capsicum	17.0

FILLED CROISSANTS

with ham and cheese	11.6
with roasted tomato and cheese	11.6
with scrambled egg, swiss cheese and dijon mustard	15.0

SIMPLE, FAST, WORK LUNCH

ham, swiss cheese, fresh basil, tomato, bush tomato and red pepper relish ~ sourdough flute	11.9
roast beef, caramelised onion, roasted capsicum, rocket, chilli jam ~ turkish bread	12.9
spinach, chargrilled pumpkin, danish feta, hoummous, pinenuts ~ turkish bread	12.9
chicken, bacon, semi-dried tomato, avocado, seeded mustard mayo ~ ciabatta roll	13.9

SALADS

caesar salad with a poached egg	19.7
cajun chicken salad, tomato salsa, sweet corn, avocado, yoghurt dressing	19.0
spinach salad with roasted tomatoes, feta, pinenuts, vinaigrette	17.5
tuna salad with semi-dried tomatoes, black olives, mixed leaves, mayo and a poached egg	19.0

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