

GOOD THINGS

EAT 7AM-2.30PM EVERYDAY

- Bagel / Ciabatta / Wholemeal Sourdough / Gluten Free
toast & preserves. 8
- House made **superfood cruesli**, mixed berries,
fruit compote, milk / yoghurt. 14
- Caramalised banana-nut **hotcakes**, honey & labneh. 16
Add Maple Bacon + 5
- Two free range **eggs** & spiced rubbed sourdough. 12
Add maple bacon + 5
- Harissa spiced omelette**, winter veg, feta 16
& toast.
- Dukkah roast pumpkin**, maple bacon, fried egg, 20
pesto & flakey roti.
- The Hulk** avocado, whipped feta, pickled red onion, 17
mint, peas, green chilli & toast.
Add a free range egg + 3



Smashed crispy potatoes , haloumi, salsa verde, poached eggs, rocket. (V)	20
Lumberjack beans , herby-lime salsa, poached eggs, slow baked vine-tomatoes & soldiers. (VG)	18
Creamy mushrooms w/ thyme, garlic, spinach & rye.	16
Zucchini pasta , grilled salmon, dill pesto, avocado, spinach, pickled radish & capers.	23
Soup & cheesy soldiers.	13
Kids egg.	6
SIDES	
Maple bacon / Haloumi.	5
Avocado / Slow Roasted Tomatoes / Mushrooms.	4
Egg / Spinach / Beans.	3

GOOD THINGS

DRINK

Coffee

House Blend by Micrology Coffee Roasters.

With milk

Black

Single / Double

3.9 / 4.2

3.5 / 3.8

Iced Coffee (served black or with milk)

Black / Milk / Other

4 / 4.5 / 5

Extra Shot + 0.3

Soy / Almond / Lactose Free + 0.5

Hot Chocolate

Milk 70% cocoa

4

Iced Chocolate

Milk / Other

4.5 / 5



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Tea

English Breakfast / Green / Lemongrass & Ginger / Mint / Earl Grey / Chamomile 4.2

Chai (Served black or with milk)
Black / Milk / Other 4.3 / 4.5 / 4.

Smoothies (dairy & sugar free)

Cocoa & banana, date, Maca, almond milk. 9

Strawberry & coconut, goji, sumac, almond milk. 9

Mango, banana, cinnamon, tumeric, almond milk. 9

Apple, mango, spinach, cucumber, mint, chia. 9

Kids Smoothies

Choc, milk, yoghurt, honey. 7

Banana, milk, yoghurt, honey. 7

Juice (100% local & cold pressed)

Strawberry / Orange / ABC 8

Organic Raw Kombucha

Local organic, probiotic, tea based super drink. 8

Organic Soft Drinks

Cola / Lemon Lime Bitters / Ginger Beer 4