

# BREAKFAST

6.30AM-11.00AM

GLUTEN FREE AVAILABLE

## BREAKFAST TRAYS

EGGS, POACHED OR SCRAMBLED, TOAST	10
SMASHED AVOCADO, PERSIAN FETA, DUKKAH, WHOLEMEAL SOURDOUGH TOAST	12
CHARRED FIELD MUSHROOMS, EGGS POACHED OR SCRAMBLED, MIXED GRAINS, KALE, SOURDOUGH TOAST	15
BAKED HAM OFF THE BONE, EGGS POACHED OR SCRAMBLED, CHERRY TOMATOES, SPINACH LEAVES, SOURDOUGH TOAST	16
MAPLE CURED BACON, EGGS POACHED OR SCRAMBLED, POTATO GEMS, BLISTERED ROMAS, TOMATO WHIP, SOURDOUGH TOAST	17
HOUSE SMOKED SALMON, EGGS POACHED OR SCRAMBLED, BEETROOT CRUNCH, KALE, SOURDOUGH TOAST	17

## MORE

SMOOTHIE BOWL, MIXED BERRY, BANANA, COCONUT, FRESH FRUIT, GRANOLA	12
CHIA BOWL, BEETROOT & CACAO PUDDING, FRESH ORANGE, CHOPPED NUTS, CACAO NIBS	12
HANDMADE CRUNCHOLA, DEHYDRATED RASPBERRIES, GREEK YOGHURT, ALMOND MILK	12
BACON & EGG BRIOCHE ROLL	10
GRILLED BANANA BREAD, COCONUT BUTTER, PINEAPPLE CHUTNEY	10
HOTCAKES, WHIPPED CREAM, BLUEBERRY COMPOTE	11

## BAKERY BOX

ON DISPLAY

## HOT BOX

ON DISPLAY

## KIDS

HOT CAKE, SYRUP	7
YOGHURT BOWL, FRUIT, CRUNCHOLA SPRINKLES	7
GRILLED BANANA BREAD, COCONUT BUTTER	8
SCRAMBLED EGGS, TOAST	8

# CANTEEN

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# FOOD

FROM 11.00AM  
GLUTEN FREE AVAILABLE

## SALAD TRAYS

SEARED HALOUMI, OVEN ROASTED VEGETABLES, TOASTED MIXED SEEDS, CARAMELISED VINAIGRETTE	14
SOYA PUMPKIN, SOBA NOODLE, SHIMEJI MUSHROOM, GINGER, CRISPY LOTUS ROOT, EDAMAME, SESAME MAYO	14
GRILLED CHICKEN, BRAISED CHICKPEAS, FETA, TOMATO, CAPSICUM, CUCUMBER, LEMON OREGANO DRESSING	16
CONFIT TUNA, GREEN BEANS, NEW POTATO, CHARRED CORN, SWEET PEPPERS, SMOKED PAPRIKA AIOLI	15
HOUSE SMOKED SALMON, MIXED ANCIENT GRAINS, RED APPLE, ALMOND, SOUSED CURRANTS, MOLASSES GLAZE	16

## SEAFOOD TRAYS

SALMON POKE, PONZU, WASABI MAYO, FURIKAKE SEASONING, SEAWEED SALAD, BROWN RICE	15
KING FISH POKE, COCONUT, LIME, CHILLI PINEAPPLE, CORIANDER BROWN RICE	15
SNAPPER POKE, SOYA & SRIRACHA, FRIED SHALLOTS, SPRING ONIONS, BROWN RICE	15
TUNA POKE, TERIYAKI GLAZE, PICKLED DAIKON, EDAMAME, BROWN RICE	15
TRADITIONAL FISH & CHIPS	11.5
GRILLED FISH, CHIPS, GREENS	14.5
SQUID RINGS, CHIPS	14.5
GRILLED SALMON STEAK, MIXED GREENS, WASABI MAYO, BROWN RICE	19.5
SEAFOOD BASKET, CHIPS	18.5

## MORE

CHICKPEA FALAFEL BURGER, ROASTED PEPPERS, CUCUMBER MINT YOGHURT	12
FISH TACO, GUACAMOLE, CILANTRO LEAVES, LIME	12
CANTEEN BURGER, ANGUS BEEF PATTIE, ICEBURG, CHEESE, FRIED ONION, BEETROOT	14
BUTTERMILK CHICKEN BURGER, AIOLI, CHEESE, TOMATO, ONION, COS	14

## KIDS

FISH & CHIPS	7
SALAD WRAP	7
SQUID & CHIPS	7
SAUSAGE ROLL	5

# WHAT'S POKE?

PRONOUNCED "POH-KAY" ... IT'S A HAWAIIAN RAW FISH SALAD WITH JAPANESE INSPIRED CONDIMENTS THAT'S HEALTHY & DELICIOUS ... GOOGLE IT!