

# breakfast

available everyday 7.00am – 2.00pm. thank you for ordering at the counter

**toasted brioche (v)**  
ricotta, honey, fresh fruit **11.9**

**toasted cinnamon and raisin bagel (v)**  
artisan bagel, butter,  
local preserves,  
lemon curd **12.9**

**toasted sesame bagel (gf option)**  
artisan bagel, cream cheese,  
smoked salmon or ham and  
tomato **13.9**

**bacon and egg bagel**  
artisan bagel, bacon,  
scrambled free range egg,  
tomato **13.9**

**breakfast eggs on toast (v, rsf)**  
poached, scrambled or fried  
free range eggs on multigrain,  
ciabatta or gluten free bread  
**12.9**

**spiced lentils and tomato (v)**  
coriander, turmeric, cumin,  
puy lentils, free range  
poached egg,  
turkish bread **17.9**

**french toast**  
berry compote, bacon,  
pure maple syrup **18.9**

★ **almond and cranberry granola**  
(v, gf, rsf, df)  
toasted buckwheat, nuts, chia,  
berries, pure maple syrup, raglan  
coconut honey yoghurt,  
almond milk **14.9**

**nourish breakfast bowl**  
(v, gf, rsf, df)  
blended almonds, cashews,  
blueberries, pure maple syrup,  
raglan coconut honey yoghurt,  
almond milk **15.9**

**vanilla bean and almond milk oatmeal**  
(v, gf, df, rsf)  
brown rice flakes, organic  
cinnamon, seasonal fruit  
compote, slivered almonds, pure  
maple syrup, raglan coconut  
honey yoghurt **15.9**

**mushrooms on toast (v)**  
ciabatta, garlic, onions,  
parmesan, creamy sauce **18.9**

**kickstart omelette (gf)**  
spinach, microgreens,  
hash browns, tomato chilli  
coriander salsa. avocado  
**20.9** salmon **21.9**

**energiser breakfast**  
(v, rsf) beetroot, kumara,  
potato, onion, oregano  
butter, fried free range egg,  
turkish bread **19.9**

**kids breakfast**  
fruit, mini sausages, hash  
brown, scrambled free  
range egg, toast **14.9**

★ **capers constitutional**  
bacon, free range eggs  
any style, bratwurst, hash  
browns, mushrooms,  
tomatoes, toast **23.9**

★ **eggs benedict**  
ham hock, three poached  
free range eggs, english  
muffin, hash brown,  
hollandaise **22.9**  
swap ham hock for  
bacon or salmon **22.9**  
avocado and spinach **21.9**

bread or bagel can be replaced with gluten free option - please specify  
we only use free range eggs from happy hens

## kids anytime menu

**chicken schnitzel**  
with fries and salad **14.9**  
**ham and cheese macaroni (rsf)** **10.9**

**crunchy munchy picnic plate**  
fairy bread, ham sandwich, vege  
sticks, fresh fruit, jelly pot, chicken  
nuggets, juice pot **15.9**

**homemade beef burger**  
(rsf, gf available)  
aioli, tomato jam,  
with fries **14.9**

(gf) gluten free (df) dairy free (v) vegetarian (ve) vegan (rsf) refined sugar free ★ signature dish

open 7.00am – 9.00pm, 7 days a week

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