

breakfast

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

french toast

berry compote, bacon,
organic maple syrup **18.9**

toasted cinnamon bagel (v)

raisin and cinnamon peanut
butter, capers lemon curd **13.9**

toasted sesame bagel (gf option)

artisan bagel, cream cheese,
smoked salmon or ham and
tomato **14.9**

bacon and egg bagel

artisan bagel, bacon, scrambled
free range egg, tomato **16.9**

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**

sultana and apple bircher

(veo, rsf, df)
raglan coconut honey yoghurt,
fresh fruit, almond milk **14.9**

★ 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

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

vanilla bean and almond milk oatmeal

(veo, 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**

beef cheek hash (rsf)

wilted spinach, fried egg,
hollandaise sauce **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, lettuce, tomato
with fries **14.9**

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

open 7.00am – 9.00pm, 7 days a week

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