breakfast

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

french toast

jam, cream cheese, berry compote, bacon, organic maple syrup 18.9

capers pancakes

please see board for chef's flavour of the day 18.9

toasted cinnamon bagel (v)

capers lemon curd, preserves, cream cheese 13.9

toasted sesame **bagel** (gf option)

artisan bagel, cream cheese, smoked salmon or ham and tomato 15.9

★ bacon and egg bagel

artisan bagel, bacon, scrambled free range egg, tomato 17.9

eggs on toast (v, rsf)

poached, scrambled or fried free range eggs on multigrain, ciabatta or gluten free bread 13.9

* almond and cranberry granola (ve, gf, rsf, df)

toasted buckwheat, nuts, chia, berries, organic maple syrup, raglan coconut yoghurt, almond milk 15.9

nourish breakfast bowl

(ve, gf, rsf, df)

blended almonds, cashews, blueberries, organic maple syrup, raglan coconut yoghurt, almond milk 15.9

vanilla bean and almond milk oatmeal (ve, gf, rsf, df)

brown rice flakes, organic cinnamon, seasonal fruit compote, slivered almonds, organic maple syrup, raglan coconut yoghurt 15.9

creamy mushrooms (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

spiced lentils and tomato (v)

coriander, turmeric, cumin, puy lentils, free range poached egg, turkish bread 17.9

boston beans

spicy ham and tomato baked beans, potato, kumara, toasted ciabatta, fried egg 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 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 homemade beef burger

fairy bread, ham sandwich, vege sticks, fresh fruit, jelly pot, chicken nuggets, juice pot 15.9

(rsf, gf option) 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







