

BREAKFAST

MONDAY TO FRIDAY - 7.00 AM TO 12 PM

EGG AND BACON 10

Free range fried egg, crispy bacon and tomato relish + cheese 1.0

B.L.A.T. 12

Crispy bacon, baby gem cos lettuce, sliced avocado and fresh tomato on Brioche

HAM AND CHEESE CROISSANT 9

Shaved leg ham and tasty cheese melted on a croissant

FREE RANGE EGGS YOUR WAY ON SOURDOUGH (GFO) 12

EXTRAS

THICK CUT CROWLEY'S BACON 6

AVOCADO 5

SMOKED SALMON 5

MEREDITH FETA 4

TOMATO 4

CHORIZO 5

POACHED CHICKEN 6

HERB MUSHROOMS 4

FRIED HALLOUMI 4

PAN SEARED SALMON 11

SPINACH 4

HASH BROWN 4

ALL DAY TOASTIES

(Sourdough / Focaccia)

EGG AND BACON (GFO) 13.5

Two free range fried eggs, crispy bacon and tomato relish

WILD MUSHROOMS (GFO, VO) 13.5

Foraged mushrooms, Meredith goats feta, spinach leaves, basil pesto with truffle oil

ROAST VEGETABLE (VO, VGO, GFO) 13.5

roasted vegetables, goat cheese, seasonal salad greens

HAM, CHEESE AND MUSTARD (GFO, DFO) 13

off the bone leg ham, mixed cheese, Dijon mustard

CHICKEN BREAST (GFO, DFO) 13.5

free range chicken breast with mixed cheese, salad greens, nut-free basil pesto

+ smashed avocado 2.0

THREE CHEESE AND CHILLI (GFO) 12.5

sour dough with chili jam, blue cheese, parmesan and tasty cheese

SMOKEY BEEF (GFO, DFO) 13.5

with chili jam, carrot, celery, smoky paprika, green leaves and cheese

BRUNCH / LUNCH

LITTLE SISTER EGGS BENNY (GFO) 20

all Benny's served with choice of 1 option, poached eggs, sourdough toast and hollandaise sauce.

- smoked ham or bacon or smoked salmon
- spinach and mushrooms
- spinach and halloumi
- spinach and chorizo

CHILLI SCRAMBLED EGGS (GFO) 19

on rye or sourdough with goat cheese, beetroot hummus, pomegranate, salad greens, toasted seeds

+ avocado 4.5

BRUSCHETTA EGGS (GFO, VO) 18

bruschetta mix, poached eggs, fresh basil, baby herbs, parmesan cheese, balsamic glaze on sourdough toast

CLASSIC AVO SMASH (V, GFO, VGO) 18.5

on multigrain or sourdough with Meredith Feta, beetroot hummus, pickled red onion, salad greens, toasted seeds with lemon wedge

+ egg 3

TRUFFLE MUSHROOMS (VO, GFO) 20

wild mushrooms, Meredith goat cheese, pesto, thyme on sourdough toast

GRANOLA (VO, VGO) 18

with pear and blackberry compote, fresh fruits and berries, almonds, cranberries, goji berries, natural yoghurt

+ coconut yoghurt 1.5

BIRCHER MUESLI (V) 18

24 hours soaked oats, dried fruits and nuts, natural yoghurt, green apple, toasted seeds and mixed berries.

BRIGHTON WAFFLES 21

with blueberry compote, vanilla ice-cream, almond and pistachio crumb and 100% Canadian maple syrup

AMERICAN WAFFLES 19

with Crowley bacon and 100% Canadian maple syrup

SPANISH BEANS (GFO) 19

beans, chorizo, spinach, chives and fried egg, served with sourdough toast

OPEN SMOKED SALMON SANDWICH 17

Atlantic smoked salmon, dill and baby capers potato salad served on light rye sourdough

SUPER GREEN ENERGISER (V, GFO) 22

sautéed kale, spinach, broccolini, peas, quinoa, mint, basil, lemon, almonds halloumi, polenta and a poached egg

+ avocado 5

SALMON BOWL (GF, DF) 27

pan seared salmon with fresh avocado, wild black rice, pickles, poached egg, seaweed salad, sesame seeds, miso dressing

CLASSIC CAESAR SALAD 19

baby gem cos lettuce, shaved parmesan, soft poached free range egg, bacon anchovies and sourdough croutons

+ smoked salmon 5

+ chicken 5

+ pan seared salmon fillet 9

ABUNDANCE BOWL (GF, VGO) 20

with sweet potato, cauliflower, halloumi, salad greens, quinoa, green herb yoghurt, fried egg and toasted seeds

+ avocado 5

+ chicken 5

+ smoked salmon 5

OLD SCHOOL MEATBALLS (GFO) 19

organic beef, tomato ragout, rosemary oil, parmesan cheese and parsley with sourdough

BURGERS

HAMBURGER

Australian Angus beef, crispy bacon, American cheese, fried free range egg, lettuce, tomato, caramelised onion & truffle mayonnaise on brioche bun with tomato and pickled onion salad 16.5

VEG BURGER

Roasted field mushroom, sliced avocado haloumi and American cheese with basil pesto & Sriracha mayonnaise on Brioche with tomato and pickled onion salad 15

CHICKEN SCHNITZEL BURGER

Chicken schnitzel, cheese, lettuce, tomato and Sriracha mayonnaise served on brioche with tomato and pickled onion salad 16

KID'S MENU

SMASHED AVO ON TOAST 8

EGGS YOUR WAY ON TOAST 10

free range egg your way with streaky bacon on toast

HOUSEMADE WAFFLES 12

vanilla ice-cream, Nutella and/or 100% Canadian maple syrup

SMOOTHIES 8

banana OR mixed berries smoothie

MILKSHAKES 7.5

vanilla bean / strawberry / chocolate / triple choc / banana choc / cookies and cream / salted caramel



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HOT

COFFEE 5.0 / 6.0

single origin / daily blend / decaf
Latte
Cappuccino
Flat white

HOT CHOCOLATE 4.5 / 5.5

classic / dark / hazelnut / white / raspberry / caramel / mint

LOOSE LEAF TEA 5.0

Earl grey / English breakfast / green / chamomile / lemon and
ginger / peppermint / chai

MATCHA LATTE 4.5 / 5.5

TUMERIC LATTE 5.0

MILK

soy + \$1 / almond + \$1
Lactose free + \$1 / coconut + \$1

SMOOTHIES

NUTTY MONKEY 9.5

banana, peanut butter, almond milk, chia,
natural yogurt

BANANA SMOOTHIE 8

Banana, vanilla bean ice-cream, organic
honey & full cream milk

PASH-MANGO 9.5

organic mango, passionfruit, almond milk,
natural yoghurt and mint

AVOCANO 9.5

avocado, pineapple, raw coconut water, raw
kale and spinach

ORGANIC MIXED BERRIES 9.5

organic mixed berries, almond milk, honey, chia
seeds, mint, lemon

COLD

FRESHLY SQUEEZED ORANGE JUICE 8.0 / 9.0

GO GREEN JUICE 9.0 / 9.5

spinach, orange, carrot, ginger, celery, mint

BEETROOT BUZZ 9.0 / 9.5

beetroot, carrot, celery, ginger, mint

IMMUNE BOOST 9.0 / 9.5

carrot, celery, ginger

ICED CHOCOLATE 7.9 / 8.9

ICED MOCCA 7.9 / 8.9

ICED COFFEE 7.9 / 8.9

MILK SHAKES 8.0

vanilla bean / strawberry / chocolate / triple choc /
banana choc / cookies and cream / salted caramel

BOTTLED

SAN PELLEGRINO MINERAL WATER 5

CAPI DRINKS 250 ML 4.5

lemon, lemonade, ginger beer, cranberry,
grapefruit, blood orange, yuzu citrus

CLASSIC COCA-COLA 5

REMEDY KOMBUCHA 5.5

lemon, lime & mint / orange / raspberry
lemonade