

WHOLEMEAL SPELT BLUEBERRY MUFFIN

WITH ORANGE ZEST, SERVED WITH BUTTER

BANANA BREAD (GF/DFO/N)

WITH WHIPPED BURNT BUTTER AND LOCAL HONEY

SPROUT FRUIT AND NUT LOAF (N)

WITH BUTTER AND BLACK FOREST JAM

MISO SESAME CHOC CHIP COOKIE

CHAI SPICED CARROT CAKE

WITH BURNT BUTTER CREAM CHEESE

SPROUT BAKERY SOURDOUGH TOAST (v/vgo)

ONE SLICE THICK CUT SOURDOUGH WITH BUTTER AND CONDIMENT OF YOUR CHOICE

~ HOUSE BLACK FOREST, THYME & LEMON MYRTLE JAM

~ HOUSE ALMOND OR PEANUT BUTTER WITH A HINT OF SEA SALT

~ VEGEMITE

~ MAKE IT EGGS YOUR WAY WITH HOUSE RELISH +7 (v/gfo)

~ MAKE IT AVOCADO TOAST WITH FRESH HERBS, LOCAL EVOO, HONEY ROASTED LEMON, SEASONINGS +5 (v/vgo/gfo)

~ WHIPPED FETA +4

~ POACHED EGG +3

GRANOLA (v/vgo/gfo)

HOUSE OVEN BAKED GRANOLA, ORANGE INFUSED YOGHURT AND SEASONAL FRUIT

1. CHOOSE YOUR GRANOLA:

~ CLASSIC OAT GRANOLA (VG/N) OR CACAO PUFFED GRAINS (GF/VG/NF)

2. CHOOSE YOUR YOGHURT:

~ GREEK YOGHURT (v) OR COCONUT YOGHURT (vg)

AÇAI BOWL (vg/gfo)

AÇAI WITH SEASONAL FRUIT, PASSIONFRUIT, HOUSE ALMOND BUTTER

CHOOSE YOUR GRANOLA:

~ CLASSIC OAT GRANOLA (VG/N) OR CACAO PUFFED GRAINS (GF/VG/NF)

~ ORANGE INFUSED COCONUT YOGHURT +3.5

~ HOUSE PEANUT BUTTER +2

PLEASE INFORM YOUR WAITER OF ALLERGIES, WE CANNOT GUARANTEE THE ABSENCE OF ALLERGENS. NOT ALL INGREDIENTS ARE LISTED.

N = NUTS / v = VEGETARIAN / VG = VEGAN / GF = GLUTEN FREE / O = OPTION

1.25% SURCHARGE ON ALL CARD TRANSACTIONS AND 15% SURCHARGE APPLIES ON PUBLIC HOLIDAYS.

6.5

7.5

9

5

8.5

8

18

20



PLEASE
ORDER AT
WINDOW
OUTSIDE

INSIDE
IS TABLE
SERVICE

ALL DAY

KITCHEN
IS OPEN
6AM TO
2PM
MONDAY
THRU
FRIDAY

SPANISH OMELETTE (v/gfo)

LEMON ROASTED KIPFLERS, GLAZED BABY ONIONS, WHIPPED FETA, CHIMICHURRI AND SERVED WITH SOURDOUGH

~ RODRIGUEZ BROS. CHORIZO +6.5

~ RAYNER'S WOOD SMOKED BACON +6.5

~ SAUTÉED GREENS +6

24

BREAKFAST BURGER (vo)

GOOEY PASTURE RAISED EGG, TOMATO, LETTUCE, HOUSE RELISH, CHEESE, SPROUT BUN

CHOOSE: RAYNER'S WOOD SMOKED BACON OR SEED CRUMBED HALOUMI (v/gfo)

~ SHOESTRING FRIES +4

18

SAVOURY MINCE

PORK SHOULDER, SAGE AND ROSEMARY, MIREPOIX, GREMOLATA, PASTURE RAISED EGG, THICK SOURDOUGH

26

THE JON HAMM TOASTIE

WOOD SMOKED HAM OFF THE BONE, PROVOLONE, TOMATO, CHIMICHURRI, FENNEL, SOURDOUGH CIABATTA *STRICTLY NO ADJUSTMENTS

~ SHOESTRING FRIES +4

17.5

TOASTIE SPECIAL

CHECK WITH YOUR WAITER FOR WHAT'S ON TODAY

varies

BOWL OF SHOESTRING FRIES (gf/v)

WITH BLACK GARLIC AIOLI

10

SIDES

EXTRA EGG 3.5 AVOCADO 5 SAUTÉED GREENS 6.5

MUSHROOMS 6.5 WOOD SMOKED BACON 7.5 WHIPPED FETA 4

HOUSE HASH BROWN 6.5 RODRIGUEZ BROS. CHORIZO 7.5 SEED CRUMBED HALOUMI 6.5

RESPECTFULLY, WE CANNOT ACCOMMODATE MEALS OF SIDES. WE ARE HAPPY TO ACCOMMODATE DIETARY REQUIREMENTS WHERE POSSIBLE HOWEVER WE CANNOT ALWAYS SUBSTITUTE ITEMS OR ADJUST MEALS.

WE ARE DEDICATED TO SOURCING THE HIGHEST QUALITY INGREDIENTS, AND WHERE POSSIBLE ALWAYS CHOOSE SUSTAINABLE AND LOCAL GOODS AND SUPPLIERS - NOT LIMITED TO: ARTISANAL BREAD BY LOCAL BAKERY 'SPROUT' USING SUSTAINABLE FLOURS, 'SUNNY TIMES' TWEED VALLEY HONEY, FREE RANGE AUSTRALIAN MEAT, PASTURE RAISED EGGS AND BAROSSA OLIVE OIL.

DRINKS & COFFEE

COFFEE BY KIN CUBAN SINGLE ORIGIN
RETAIL BAGS AVAILABLE FOR YOUR HOME OR OFFICE

CAPPUCCINOS, HOT CHOCs AND MOCHAS WITH REAL CHOC TOP!
CHOCOLATE POWDER (VG) ALSO AVAILABLE, PLEASE ASK

**PLEASE HELP US REDUCE WASTE: DINE IN DRINKS ENCOURAGED IN GLASSES
AND CROCKERY RATHER THAN TAKEAWAY CUPS. THANKS FOR YOUR SUPPORT!**

CUP '6OZ' OR MUG '8OZ' SIZE - *SPECIALTY DRINKS EXTRA	4.5 / 5.2
12OZ LARGE TAKEAWAY CUP / 16OZ JUMBO TAKEAWAY CUP *SPECIALTY DRINKS EXTRA	5.5 / 6.2
ESPRESSO / DOPPIO / MACCHIATOS / PICCOLO / MAGIC	4 - 4.5
SINGLE ORIGIN BATCH BREW / ICED	5.2 / 6
ICED LONG BLACK / ICED LATTE / ICED COFFEE	5.5 / 7.5
HOT OR ICED REAL HOT CHOCOLATE / MOCHA	fr 5 - 7.5
HOT OR ICED CHAI LATTE (VG)	fr 5 / 6
HOT OR ICED MATCHA LATTE (VG, ORGANIC, CEREMONIAL GRADE, UNSWEETENED)	fr 5 / 6
BABYCINO, CHOCOLATE, MARSHMALLOW OR FRECKLE	2.5
OAT/ALMOND/SOY/LACTOSE FREE	1
EXTRA CHOC / EXTRA SHOT	0.4 / 0.5
VANILLA / CARAMEL / HAZELNUT SYRUP	0.7
LOOSE LEAF TEA BY MAYDE ORGANIC, BYRON BAY	
ENGLISH BREAKFAST / EARL GREY / GREEN WITH ROSE BUDS	6
DIGEST PEPPERMINT / AUSTRALIAN NATIVE (CAFFEINE FREE)	6
CHAI TEA BREWED ON MILK WITH HONEY	6.5
POT OF FRESH LEMON AND/OR GINGER	7 - 7.5



DAYTIME LIBATIONS AVAILABLE FROM 10AM

WINE	GLS/BTL	COCKTAILS	
WHITE 'LIQUID SUN' VERMENTINO / YARRA VALLEY	12 / 50	MIMOSA ORANGE JUICE AND PROSECCO	15
WHITE 'TRIPPY RABBIT' SAUV BLANC / BENDIGO	12 / 50	DAYTIME NEGRONI OKAR BITTER, DOLIN, GIN, SODA, CITRUS	17
ROSÉ 'GRIS GRIS GRIS?' PINOT GRIS / BENDIGO	12 / 50	BEERS	
RED 'OF SKINS AND HEART' MALBEC + MERLOT + CAB FRANC / YARRA VALLEY	12 / 50	BALTER Eazy Hazy 4% ABV	9
PROSECCO MASCHIO	12 / 50	BALTER CAPTAIN SENSIBLE 3.5% ABV	9
COLD DRINKS			
MILKSHAKES			8.5
CHOCOLATE/VANILLA/CARAMEL/HAZELNUT ~ FRESH ESPRESSO/DOPPIO +0.5 / 1			
BANANARAMA SMOOTHIE (v/vgo)			12
BANANA, CINNAMON, HONEY, MILK ~ ALMOND BUTTER OR PEANUT BUTTER +2 ~ FRESH ESPRESSO/DOPPIO +0.5 / 1			
GREEN GODDESS SMOOTHIE (VG)			12
GREENS, PEAR, CITRUS, CHIA, GINGER, PASSIONFRUIT, COCONUT WATER			
COLD PRESSED JUICES BY ALLIE'S			9.5
~ AUSTRALIAN COLD PRESSED ORANGE JUICE ~ WATERMELON WITH STRAWBERRY, APPLE AND LIME JUICE ~ DAILY GREENS CELERY, APPLE, SPINACH, LEMON, GINGER, BOTANICALS JUICE			
COCA COLA / COCA COLA NO SUGAR			5
ANTIPODES STILL / SPARKLING WATER 500ML			6.5