

breakfast 7 days | monday-friday 7.30am-12pm | saturday 8am-3pm | sunday 9am-3pm

## breakfast

breakfast trifle – layered natural yoghurt, muesli, pistachio, mixed berries	10.50
organic cranberry granola served with milk of your choice and fresh fruit	14.50
croissant served with jam lady organic jams	6.50
croissant with ham, cheese and tomato	8.00
duelos y quebrantos ‘pain and destruction’ spanish breakfast, rough scrambled eggs, bacon	14.00
shaved leg ham, cheddar and chive omelette	14.50
egg and bacon roll, onion jam, bbq sauce, cheddar cheese	12.50
breakfast brushetta - tomato, basil, spanish onion and avocado with a poached egg	15.50
nested eggs - grated kipfler potato and bacon rosti, shallots, fried eggs and chilli	15.50
gypsy breakfast - white beans, chorizo, tomato, spinach with a poached egg and toast	16.00
big breakfast – eggs as you like, bacon, sausage, tomato, spinach and mushroom	18.00
eggs benedict - shaved ham or spinach	13.50
eggs benedict - smoked salmon	14.50
brioche and blueberry french toast	14.00
fruit bread or deek’s grain free/gluten free toast, ‘jam lady’ organic jams	6.50
toasted ciabatta or granery bread, ‘jam lady’ organic jams	5.50
american hotcakes with maple syrup and vanilla icecream	12.50

organic free range eggs, scrambled, fried or poached on ciabatta toast	9.90
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## extras

tomato, mushrooms, spinach, kipfler potatoes	2.80
smoked salmon, italian sausage, bacon, chorizo	3.50
yoghurt, gluten free toast	1.50

## drinks

energiser juice - mango, blueberry, yoghurt and wheat germ	7.50
breakfast shake - raspberry, banana, pineapple juice, skim milk, yoghurt and honey	7.50
bloody mary - milk and honeys special recipe	9.50
virgin mary	6.00
hangover helper - berocca, pineapple and mint frappe	7.50

## lunch

bread - garlic / parmesan and chilli / fresh bread with olive oil and balsamic	4.50
tasting plate -	
spanish jamon (prosciutto), large green spanish olives, manchego cheese, chorizo and grilled red peppers with fresh bread	19.00
chicken mango and cashew salad tossed with cos lettuce and chilli lime dressing	17.50
calamari dusted in flour, shallow fried with rocket and house aioli	16.90
slow cooked salmon salad on crisp fennel, cucumber and spanish onion with lemon dressing	18.50
beetroot, goats cheese and baby spinach salad with caramelised onions and candied walnuts	17.50
ceasar salad with cos, crisp bacon, grana padana, anchovies, poached egg and garlic croutons	18.50
szechuan and sesame spiced beef salad with rice noodles and chilli lime dressing	17.50
steak sandwich with swiss cheese, rocket, beetroot relish with fries and blue cheese aioli	21.00
chicken schnitzel baguette with avocado, cos lettuce, swiss cheese, aioli and fries	18.00
market fresh battered or grilled fish fillets served with salad, chips and aioli	22.50
beef rendang a traditional spicy malaysian curry served with rice and condiments	23.50
spicy lamb burger with hummus, leaves, tomato, caramelised onion, tzatziki and chips	17.50
chicken stir fry with asian greens, fresh herbs, chilli, roasted peanuts and hokkien noodles	18.50
roast vegetable risotto with baby spinach and meredith chevre goats cheese	17.50 / 22.50
linguini with bacon and olives in a tomato sugo with chilli and garlic	17.00 / 22.00
chicken farfalle (bow tie pasta) with mushrooms, olives, roast capsicum and pesto	18.00/23.00
linguini seafood with chilli, garlic, olive oil, fresh fish, prawns, calamari and mussels	19.50/24.50
mushroom risotto tossed with aged grana padana and green shallots	18.00 / 23.00

## sides

fries tossed with sea salt, served with aioli	7.00
steamed seasonal vegetables	9.90
rocket and grana padana salad with balsamic dressing	8.00

if you have any allergies, please advise our staff

all prices are GST inclusive 10% surcharge on sundays 15% on public holidays

## hot

coffee cappuccino, latte, piccolo latte, flat white, long black, short black, macchiato, ristretto	3.2
extras mugs	.7
soy	.5
caramel, vanilla, hazelnut	.7
molinari coffee beans or ground coffee (250grams)	9.5
affogato – vanilla icecream served with a shot of espresso	5.5
vanilla spiced chai latte	3.8
dandelion latte	3.5
hot chocolate or hot white chocolate with real chocolate buds	3.8
hot malted caramel	3.8
t2 tea black english breakfast, earl grey, orange pekoe, spiced chai, irish breakfast, crème brulee	3.5
t2 tea herbal chamomile, peppermint, lemongrass and ginger, lemon cooler, turkish apple, red fancy fruit, green tea and rice, de tox, china jasmine	3.5

## cold

iced lemon tea or iced apple tea	4.5
iced coffee, iced chocolate or iced caramel with lots of icecream	5.5
smoothies – banana, strawberry or mango made with yoghurt and honey	5.0
fresh fruit daquiri – seasonal fresh fruit blended with ice	5.5
soft drinks – coke, diet coke, lemonade, soda, squash, dry ginger, tonic	3.0
tiro blood orange, passionfruit or grapefruit sparkling soft drink	3.0
fonteviva italian sparkling mineral water	3.0
fonteviva italian sparkling mineral water (500ml)	4.8
juices – ruby grapefruit, guava, cranberry, tomato or mango nectar	3.0
blood orange juice	4.0

## fresh juices and tonics

apple, orange, watermelon, pineapple, carrot, celery, beetroot, ginger, lyche or mint	5.5
hot stuff apple, carrot, ginger with a side of wasabi	5.5
lychee lush lychees, orange and lemon juice blended with ice	6.0
mellow mango mango, pineapple and coconut milk on ice	6.0
cranberry crave cranberry, ruby grapefruit, apple and lemon juice on ice	6.0
citrus splice pineapple, pear and lime with a dash of tonic water	5.5
pine melon crush pineapple, watermelon, guava and mint blended with ice	6.0
eliminator carrots, blood orange, beetroot and cranberry juice	5.5
pick me up strawberry, banana, mango and guarana blended on ice	6.5

milk and  
honey