



BREAKFAST

UNTIL 11.30

STAPLES		TOAST TOPPERS	
TOAST - GFO	8.5	GREEN GOODNESS - VG, VO	16.0
ORGANIC SOURDOUGH, RYE OR FRUIT LOAF (K'PANE) QUINOA LOAF (GF), WHEAT-FREE SOURDOUGH +2		BARLEY, AVO, BROCCOLI, KALE, COTTAGE CHEESE, SEEDS	
COCONUTTY GRANOLA - VO, GF	14.5	CONFIT SALMON - GFO	18.0
HOUSE MADE SERVED W LOCAL FRUIT & GREEK YOGHURT		CRISPY SKIN FILLET, CREME FRAICHE, CAPERS, RED ONION, SOFT HERBS	
BERRY BIRCHER - V, GF	14.5	AVO DELIGHT - V, GFO	16.0
W COCONUT LABNE, BERRY COMOPTE, FLAKED ALMONDS		FRESH AVO, ROMESCO SAUCE, PICKLED ONION, TOASTED SEEDS, ROCKET	
EGGS - GFO	13.5	SHERRY ROAST MUSHROOM - V, GFO	16.0
POACHED OR FRIED / SCRAMBLED +2.0 ON YOUR CHOICE OF TOASTED BREAD		CASHEW CHEESE, RADICCHIO, TOASTED HAZELNUT, HERB SALAD	
BREKKY ROLL - GFO	13.5	ALL SERVED ON YOUR CHOICE OF TOASTED BREAD GF AVAILABLE +2.0	
FRIED EGG, BACON, CHEDDAR, GREENS, TOM RELISH ON A MILK BUN. ADD A HASH BROWN +2.0		ADD SIDES FOR SOMETHING MORE SUBSTANTIAL	
SPECIALTIES		SIDES	
BLUEBERRY BAGEL - VG	15.5	BACON / HAM	6.0
W LABNEH, BURNT HONEY, WATTLESEED & FRESH SEASONAL FRUIT		CONFIT SALMON / GRILLED CHORIZO	8.0
FRENCH TOAST - VG	19.0	EGGS (2) / AVOCADO	5.5
WHIPPED SWEET RICOTTA, FRESH FIGS, BAKED WALNUTS, LOCAL HONEY		ZUCCHINI & CORN FRITTERS	5.5
EGGS FLORENTINE - GFO	16.5	HALLOUMI / MUSHROOMS / SALAD GREENS	5.0
BABY SPINACH, MUSTARD HOLLANDAISE, POACHED EGGS, TOAST.		ROAST CHERRY TOMATO	4.5
ADD HAM/BACON +6.0 ADD SALMON/CHORIZO +8.0		HASH BROWN	3.0
ORGANIC EGG OMELETTE - GFO	22.5	FERMENTED CHILLI / AIOLI	2.0
CARAMELISED ONION, GOATS CHEESE, ROCKET & FENNEL SALAD, TOAST		THE TAG ALONGS - UNDER 12'S	
W YOUR CHOICE OF MUSHROOM (VG) OR CHORIZO		PANCAKES MAPLE, ICE CREAM, BANANA	10.0
ZUCCHINI & CORN FRITTERS	19.0	HAM AND CHEESE TOASTIE	8.0
PICKLED SQUASH, SHAVED ZUCCHINI, PEAS, SOFT HERB SALAD, TOASTED ALMONDS, LABNEH		BACON + EGG FRIED ON SOURDOUGH	11.0
		BACON ROLL W TOMATO SAUCE	10.5
		BIRCHER W FRUIT, YOGHURT	9.0
		KIDS SHAKE - VAN, CHOC, SRAWB, CARA	7.0

V - VEGAN, VG - VEGETARIAN, VO - VEGAN OPTION, GF - GLUTEN FREE, GFO - GF OPTION



LUNCH

FROM 11.30

SPECIALTY SALADS		TOAST TOPPERS	
SOPA NOODLE SALAD - V	17.5	GREEN GOODNESS - VG, VO, GFO	16.0
CAPSICUM, BEAN SPROUTS, SHALLOTS, FRESH CHILLI, CORIANDER, GINGER, SOY		BARLEY, AVO, BROCCOLI, KALE, COTTAGE CHEESE, SEEDS, LEMON & EVO DRESSING	
WHOLESOME BOWL - V, GF	18.5	CONFIT SALMON - GFO	18.0
SWEET POTATO HUMMUS, PICKLED VEG, GINGER CARROTS, FRESH AVO, SAUTÉED GREENS, SAUERKRAUT & SEEDS		CRISPY SKIN FILLET, CREME FRAICHE, CAPERS, SOFT HERBS, RED ONION	
ROAST PUMPKIN SALAD - VG, VO, GF	18.5	AVO DELIGHT - V, GFO	16.0
W CRISPY KALE, CHIMICHURRI, ROASTED WALNUTS, POMEGRANATE & TAHINI YOGHURT		FRESH AVO, ROMESCO SAUCE, PICKLED ONION, TOASTED SEEDS, ROCKET	
BURRATA STACK - VG	17.0	SHERRY ROAST MUSHROOM - V, GFO	16.0
FRESH BURRATA, ROAST HEIRLOOM CHERRY TOMATOES, BASIL, HOUSE CROUTONS, BALSAMIC		CASHEW CHEESE, RADICCHIO, TOASTED HAZELNUT, HERB SALAD	
ZUCCHINI & CORN FRITTERS - VG	19.0	ALL SERVED ON YOUR CHOICE OF TOASTED BREAD GF AVAILABLE +2.0	
PICKLED SQUASH, SHAVED ZUCCHINI, PEAS, SOFT HERB SALAD, TOASTED ALMONDS, LABNEH		ADD SIDES FOR SOMETHING MORE SUBSTANTIAL	
ADD PROTEIN TO ANY SALAD	+8.0		
ROAST CHICKEN, SPICED CALAMARI, CONFIT SALMON OR PORK BELLY			
SANDWICHES & BURGERS		SIDES	
RUEBEN SANDWICH - GFO	15.5	ROAST CHICKEN / SPICED CALAMARI	8.0
SLOW COOKED SALTED BEEF, SAUERKRAUT, PICKLES, CHEDDAR, RUSSIAN SAUCE		CONFIT SALMON / PORK BELLY	8.0
CRISPY FRIED CHICKEN BURGER - GFO	17.0	EGGS (2) / AVOCADO	5.5
ICEBURG LETTUCE, CUCUMBER & ONION PICKLES, SPICY MAYO, ON MILK BUN		ZUCCHINI & CORN FRITTERS	5.5
SIRLOIN STEAK SANDWICH - GFO	24.9	HALLOUMI / MUSHROOMS / SALAD GREENS	5.0
SERVED OPEN W ONION JAM, HORSERADISH, MAYO, PECORINO, ROCKET		HASH BROWN	3.0
HALLOUMI BURGER - VG, GFO	17.0	FERMENTED CHILLI / AIOLI	2.0
W ROAST CAPSICUM, ZUCCHINI, EGGPLANT, ONION JAM, FERMENTED CHILLI AIOLI, ON MILK BUN		SIDE OF CHIPPIS	3.0
BOWL OF CHIPS - GF	8.0	THE TAG ALONGS - UNDER 12'S	
POTATO OR SWEET POTATO, SERVED W AIOLI		FISH & CHIPS	10.5
		GRILLED CHICKEN & CHIPS	10.5
		CALAMARI & CHIPS	10.5
		BACON ROLL W TOMATO SAUCE	10.5
		KIDS SHAKE - VAN, CHOC, STRAWB, CARA	7.0

V - VEGAN, VG - VEGETARIAN, VO - VEGAN OPTION, GF - GLUTEN FREE, GFO - GF OPTION

DRINKS



COFFEE & TEA				COLDIES
<p><i>We are proud to showcase local coffee roasters 'Full Spectrum'. Initially birthed within the Supply walls, Full Spectrum is still a member of the family, that continues to provide the most delicious coffees within coffee shops & homes AUS wide. Check out the retail shelf to get to know the unique characters & for some take-home goodies of your own.</i></p>				<h3>COLD PRESSED JUICE</h3>
	S	M	L	<p>ORANGE JUICE 8.0 STRAIGHT UP</p> <p>VEGE 8.5 BEETROOT, CARROT, GINGER, LIME, BLACKBERRIES, MANDARIN</p> <p>BONDI 8.5 CARROT, PEACH, MANDARIN, TURMERIC</p> <p>GREEN 8.5 APPLE, KALE, SPINACH, CELERY, CUCUMBER, PARSLEY</p> <p>WATERMELON 8.5 WATERMELON, STRAWBERRY, MANDARIN, POMEGRANATE, VANILLA</p>
				<h3>SMOOTHIES</h3>
				<p>TROP PASSION - V 8.5 MANGO, PINEAPPLE, CO-YO, COCO WATER, PASSIONFRUIT</p> <p>BERRY BONZA - VO 8.5 MIXED BERRY, APPLE, HONEY, YOGHURT, COCO WATER</p> <p>BANANA CARAMEL 8.5 BANANA, CARAMEL, ICE CREAM, MILK</p>
				<h3>SHAKES</h3>
				<p>CHOC, STRAWBERRY, VANILLA OR CARAMEL 8.0</p>
				<h3>REFRESHERS</h3>
				<p>POMEGRANATE ICED TEA 8.5 BREWED, SERVED W MINT & ORANGE</p> <p>GRAPEFRUIT SPRITZ 8.0 GRAPEFRUIT SODA, MINT, ROSEMARY, AUS BITTERS</p> <p>TWO BOYS BREW KOMBUCHA 7.0 FRENCH KISS / SILK ROAD</p> <p>GINGER BEER / LEMON, LIME & BITTERS 5.5</p>
				<h3>SPRITZ (18+)</h3>
				<p>MOJITO 15.0 WHITE RUM, LIME, MINT & SODA</p> <p>MEXICAN MULE 15.0 GINGER BEER, REPOSADO TEQUILA, LIME, MINT</p> <p>NEGRONI SPRITZ 15.0 BROOKIES, VERMOUTH, OKAR ISLAND, SODA & ORANGE</p> <p>APEROL SPRITZ 14.0 CLASSIC APEROL, PROSECCO</p>
<p>MILK BASED COFFEES 4.8 5.3 5.8</p> <p>BLACK COFFEES 4.5 5.0 5.5</p> <p>CHAI LATTE 4.8 5.3 5.8</p> <p>HOT CHOCOLATE 4.8 5.3 5.8</p> <p>MOCHA 4.8 5.3 5.8</p> <p>MILK ALTERNATIVES + 50C SOY, OAT, COCO, ALMOND, MACA, LACTOSE FREE</p> <p>ICED COFFEE OR ICED CHOC 8.0 ESPRESSO OR CHOC W ICE CREAM & CHOICE OF MILK</p> <p>FILTER COFFEE 5.5 SHOWCASING OUR CURRENT FULL SPECTRUM SINGLE ORIGIN</p> <p>BARISTAS BREAKFAST 7.5 ESPRESSO & PICCOLO OF MID-AFTERNOON MATTEO</p> <p>COFFEE FLIGHT 11.5 ESPRESSO, PICCOLO & BATCH BREW OF SINGLE ORIGIN</p> <p>COLD BREW COFFEE 6.0 BATCH BREW HOUSE BLEND SERVED CHILLED</p> <p>CHAI POT INFUSION 6.0 BREWED LOOSE LEAF CHAI W YOUR CHOICE OF MILK</p> <p>GOLDEN TURMERIC LATTE 6.5 SPICED GOLDEN FLAVOURS W YOUR CHOICE OF MILK</p> <p>BULLETPROOF COFFEE 6.5 DOUBLE ESPRESSO, BUTTER, MCT OIL</p> <p>BOUNTY HUNTER 7.5 DOUBLE ESPRESSO, CHOCOLATE, COCONUT MILK, ICED</p> <p>AFFOGATO 7.0 VANILLA ICE CREAM, DOUBLE ESPRESSO AFTER 10AM? ADD A SHOT OF FRANGELICO, BAILEYS OR KAHLUA +8.5</p> <p>TEA POTS 5.0 ENGLISH BREAKFAST EARL GREY MOROCCAN MINT LEMONGRASS GINGER GREEN</p>				

WINES, BEERS, COCKTAILS & SPIRITS AVAILABLE TO VIEW ON OUR COMPREHENSIVE DRINKS LIST, FROM 10AM

PLEASE NOTE: SURCHARGE OF 15% APPLICABLE TO ALL PRICES ON PUBLIC HOLIDAYS.