

MORNING THINGS

Bircher Overnight soaked rolled oats, chopped truit, grated apple, mixed seeds, cinnamon, honey & sliced banana.	85 / 100
Oats Hot oats with spiced fruit compote, cream & pumpkin seeds	65 / 80
Power Bowl Coconut soaked chia, mixed citrus, toasted pistachio and seed granola, banana & blueberry compote.	85 / 100
Fruit & Yoghurt Seasonal fresh fruit, served with plain Greek yoghurt & basil sugar.	80
Toast & Preserves Two slices of sourdough toast with butter and a choice of one preserve: Lemon curd, marmalade, peanut butter or jam.	55
Eggs & Toast Two eggs, two slices of sourdough toast. Poached, scrambled or fried.	65
Benedict Two eggs on a slice of toast. Napped with lemon Hollandaise sauce, chopped capers and chives. Bacon, Spinach or Mushroom Smoked Salmon Trout	130 160
Mushrooms on Toast Mushrooms sautéed with chilli, garlic & rosemary. On a slice of sourdough toast, topped with a poached egg, brown butter & parsley. (V)	80
Banana, Bacon, Blueberry & Brie French toast banana bread, stacked with local brie cheese, crispy bacon and topped with blueberry compote.	145
Devilled Chicken Livers Pan fried livers on butter fried bread with a cherry tomato, red onion and herb salad, chilli oil and pickled garlic.	130
Eggs in Purgatory Italian style baked eggs, in a spicy tomato sauce with olive oil, garlic, basil & rosemary. topped with parmesan cheese and basil pesto, served with two slices of sourdough toast.	140
Harvest One egg, one slice of toast and grilled cherry tomatoes, with a choice of spinach or mushrooms.	75
Farm one egg, one slice of toast with mushrooms and a pork sausage.	80
Egg Toast Fried Banana Grilled Tomato Fresh Tomato Wilted Spinach Caramelised Onion Full Portion of Fries Mushrooms Halloumi Avo Bacon Pork Sausage Cheddar Cheese Feta Cheese Blue Cheese Smoked Salmon Trout Hollandaise	12 25 25 30 30 25 80 50

LIGHTER THINGS

Smashed Avo Smashed avo, pickled red onion, rocket, olive oil and toasted seed crumble, on a slice of sourdough toast. (ve)	75
Mince & Cheddar House made savoury mince on a slice of buttered sourdough toast, topped with grilled cheddar cheese.	80
Herbed Garlic Ricotta House made ricotta on a slice of buttered sourdough toast with roasted veg, topped with crunchy chilli oil.	75
Salmon & Avo Local cream cheese on a slice of sourdough toast, topped with avo, smoked salmon trout, sliced red onion, capers & olive oil.	135
J ON YOUR CHOICE OF WHITE OR BROWN BREAD. A Bacon & Banana Cheese & Tomato Bacon & Cheese Bacon & Egg Bacon, Egg & Cheese Mince & Cheese Chicken Mayo Peri Peri Chicken Mayo Banana, Chocolate & Peanut butter add a half portion of fries. +17	50

ON YOUR CHOICE OF SOURDOUGH OR RYE BREAD.

Served with a half portion of fries, a Side Salad or our house made Beet Slaw



Bacon & Cheese Bacon & Egg
Cheese & Tomato
Chicken Mayo
Peri Peri Chicken Mayo
Bacon , Egg & Cheese
Bacon & Banana Mushroom & Cheese

O A S T I E

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85

NOT SEEING WHAT YOU LIKE? ADD EXTRAS TO OUR CHOICES, OR BUILD YOUR OWN!

GARDEN THINGS

Halloumi & Harissa Honey roast butternut and carrots, with mixed greens, tossed in house vinaigrette, on a bed of sliced orange, topped with pan fried halloumi, Harissa and herbed garlic yoghurt. (v)	145
Salmon & Citrus Smoked salmon trout, cucumber ribbons, sliced red onion and avo, with mixed greens, citrus segments and finished with a vanilla & dill vinaigrette.	165
Tamarind Chicken Pan fried chicken breast, marinated in garlic, lemon, olive oil and rosemary, with fresh papaya, mixed rocket and fresh herbs, cucumber and toasted peanuts, dressed in a cumin and tamarind vinaigrette.	145
Goodie Bowl Chopped crisp lettuce, cherry tomato, red onions, carrots, avo, cucumber, corn and marinated chickpeas, served with a plant based "blue cheese" dressing. (ve)	130

CAFÉ THINGS

Pâté Chicken liver Pâté served with two slices of sourdough bread, house made pickles and a selection of fresh fruit.	145
Quiche Quiche of the day served with mixed greens, tomato & vanilla relish and brown butter vinaigrette (v)	95
Charcuterie Local cured meats served with house made pickles, olives and sourdough bread.	155
Chicken & Avo Caesar Gourmet Sandwich with pan fried garlic & rosemary marinated chicken breast, with crisp lettuce, sliced avo and shaved parmesan cheese on two slices of toasted sourdough bread, with cream cheese and Caesar dressing. (contains anchovies) Served with a half portion fries, side salad or beet slaw.	150
Roast Aubergine Gourmet Sandwich with oven blackened aubergine, hummus, feta, preserved lemon, pomegranate arals & rocket on toasted sourdough bread with extra virgin olive oil. Served with a half portion fries, side salad or beet slaw. (v)	145
Roast Veg, Pesto & Feta Gourmet sandwich with basil pesto, roast peppers, red onion, zucchini, cherry tomato and aubergine. topped with feta cheese. Served with a half portion fries, side salad or beet slaw. (v)	145

BISTRO THINGS

Soup Soup of the day, served with two slices of sourdough bread.	80
Steak Frites 150g pan fried beef fillet, topped with Café de Paris butter served with a full portion of fries or a side salad.	165
Sal's Popcorn Chicken Confit chicken leg and thigh, served on banana miso crème, popped corn, crispy chicken skin crumble, brown butter & basil.	155
Imam Bayildi (And the Sultan Fainted) Turkish stuffed aubergine, braised with a saffron, tomato, olive oil & onion stuffing, with sultanas and crispy chickpeas. Served on house made hummus.	145
3603 Burger 150g house made beef patty with caramelised onion, cheddar cheese, oven roasted tomato, garlic aioli & iceberg lettuce served with a full portion of fries or a side salad.	155
Bacon & Blue cheese Burger 150g House made beef patty with bacon and blue cheese, onion marmalade, rocket, garlic aioli and tomato with a full portion of fries or a side salad.	160
Korean Chicken Burger Crispy panko crumbed chicken breast, finished with gochujang glaze, house made kimchi slaw, pickled cucumber & sesame mayo. served with a full portion of fries or a side salad.	155
Fish & Chips 180g fresh, panfried line fish, napped with lemon and caper butter and served with a full portion of fries or a side salad & beet slaw. (subject to availability)	195

ANYTIME THINGS

Ask your waitron about today's selection of cakes and patisserie. Subject to availability

Scones Plain	25	Layer Cakes Tarts & Pies Chocolate Brownies add vanilla ice cream.	50
Jam & Cream	45		50
Jam & Cheese	45		35
Cheesecake	55		+ 15
Coffee & Cake Special Weekdays only.	70		

ALL OF OUR MEALS ARE PREPARED FRESH TO ORDER.

WE PRODUCE MOST OF OUR GOODS IN-HOUSE, WHICH ARE ALWAYS FREE OF PRESERVATIVES AND FILLERS.

, WE SOURCE FROM LOCAL PRODUCERS AND SUPPLIERS WHERE POSSIBLE.

HOT BEVERAGES

WE POUR LOCALLY ROASTED COFFEE FROM COASTAL COFFEE ROASTERS

Espresso Macchiato Cortado Cappuccino Large Cappuccino	30 35 35 38 45	Five Roses Tea Earl Grey Tea Rooibos Green Tea	20 20 20 20
Flat White	40	Red Espresso	30
Latte STAL COA	50	Red Cappuccino	38
Mocha Latte	55	Red Latte	50
Americano SIRCE 2017	35		
Iced Coffee	40	Hot Water & Lemon	8
Cocoa	40	Milk Alternative	+15
Cinna Bon Bon	35		
Hot Chocolate	50	Like our beans?	
Dark or White		Coffee beans/grounds avo	ilable to
Chai Latte	45	order.	
Dirty Chai Latte	55	Ask your waitron for more inf	ormation

COLD BEVERAGES

Fresh Fizz House made cordials, topped with ice & soda. Lemon/ Ginger/ Pink Lemonade/ Creme Soda	50	Shakes Fresh Banana/ Mango/ Brownie/ Chai/ Cheesecake/ Chocolate/ Avo/ Coffee/ Peanut Butter/ Vanilla/ Rooibos/	50 / 30
Iced Rooibos House made cordials,	50	Choc Orange	
topped with ice & soda.		Smoothies	70
Lemon/ Ginger/ Pink Lemonade/ Creme Soda		Green Day Frozen banana, spinach, chia	
Sodas Coke/ Coke Zero/ Stoney/	25	seeds, honey, avo & ice.	
Coke/ Coke Zero/ Storley/ Creme Soda/ Soda Water/ Lemonade/ Ginger Ale/ Tonic Water/ Pink Tonic/ Sprite Zero/ Dry Lemon		Nutta Butter Frozen banana, plain yoghurt, flax seeds, cow's milk, peanut butter.	
Grapetizer/ Appletizer	30	Beet Blush	
Rock Shandy	55	Beetroot, frozen banana, celery, plain yoghurt, honey,	
Mineral Water 750ml Sparkling/ Still	55	cow's milk & ice. Orange & Ginger Crush Orange juice, ginger, mint,	
Fruit Juice Orange/ Mango/ Mango & Orange/ Cranberry	45	pineapple & ice. (ve)	