

RISE & SHINE

FROM 8.30AM - 11.30AM (12PM ON WEEKENDS)

TO HELP US SERVE YOU IN A TIMELY FASHION, PLEASE KEEP CHANGES TO A MINIMUM

LIFE'S PEACHY 19 (V) (GFA)

butter milk waffles, topped w/ roasted peaches, a blueberry & strawberry compote, scorched almond & roasted coconut ice cream, maple syrup & a shortbread crumble

LIL' MISS SUNSHINE 17 (VEGAN)

mango, banana & turmeric smoothie bowl topped w/ granola, coconut, roasted macadamias, mango, banana, raspberries & a wattleseed maple syrup

BEACH BURGER 15 (GFA)

2 fried eggs, bacon, Swiss cheese, tomato, fresh spinach, hollandaise & jalapeno jam

DELUXE 20 (GFA)

2 poached eggs, chorizo, haloumi, crispy prosciutto, feta, chilli, mixed greens & harissa on toasted vienna

PORTIES WRAP 16

scrambled egg, bacon, spiced tomato relish, haloumi, spinach & feta in a toasted wrap

HEY PESTO 18 (GFA)

avocado, bacon, fresh tomato, mixed greens & a pesto hollandaise on toasted vienna. add on a few extras *see prices below*

THE BENNY ROYALE (GFA)

2 poached eggs on a toasted bagel topped w/ a sumac & chive hollandaise, black sesame seeds & spring onions w/ your choice of:

grilled ham & swiss cheese **18** OR smoked salmon and fried capers **21** OR bacon & jalapeno jam **20**

SHROOM 20 (GFA)

pan-fried mushrooms in a rich mascarpone, 2 fried eggs, feta, nuts & seeds, greens, sticky balsamic, crispy prosciutto & a caramelised leek & pecan pesto on Vienna toast

SMASHED 20 (GFA/V)

2 poached eggs & smashed avocado on rye toast topped w/ cherry tomatoes, feta, burnt lemon, mixed greens, nuts, seeds & dukkha, finished w/ a beetroot hummus

THE START UP PLAN 15 (GFA/V)

2 eggs cooked your way on 2 pieces of toast w/ 2 pieces of bacon
Why not ramp it up with a few sides! * see prices below*

MEXI WAFFLE 19 (GF) (VGA)

sweet potato, zucchini & cauliflower waffle topped w/ 2 poached eggs, corn, chorizo, tomato, black beans, smashed avocado, creole hollandaise & coriander

PETA PETA WRAP 16 (VEGAN)

char-grilled pumpkin, hash brown, roasted capsicum, spinach, almond feta, avocado, tomato relish & beetroot in a toasted wrap

KIDS MENU

ONLY FOR KIDS 12 and UNDER

\$10 WITH YOUR CHOICE OF JUICE OR MILKSHAKE

PANCAKE w/ maple syrup, berries and ice cream

SCRAMBLED EGGS on toast

BACON ROLL w/ tomato sauce

COCONUT YOGHURT (DF) w/ berries, granola & banana & honey

V= Vegetarian | GF=Gluten Free | GFA=Gluten Free Available | VGA=Vegan Available

LIQUID BREAKY

A BLOODY MARY

VODKA, TOMATO JUICE, TABASCO, WORCESTERSHIRE, S & P, LEMON 15

ESPRESSO MARTINI

SHOT OF ESPRESSO, SHAKEN W/ VODKA, KALUHA & VANILLA SYRUP 16

FANCY A BIT ON THE SIDE

mushrooms | beans | hash brown 3
spinach | tomato | avocado | 3
grilled haloumi | grilled chorizo 4
serve of bacon (2 rashers) 5
smoked salmon 5 | extra egg 3
extra piece of toast 2
gluten free toast 2
tomato relish 1
hollandaise (GF) 1
basil pesto (VEGAN) 1

****We do not list all the ingredients in our descriptions, so please advise staff of any food allergies or dietary requirements when ordering****



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