

THE GLOW BOWL DF, GF 17
macadamia, buckwheat & dried cranberry granola, housemade preserve, coconut yoghurt, honey & fresh season fruit

TOASTED CIABATTA V, GFO 12
choice of housemade jam, vegemite, crunchy peanut butter, honey or Nutella

EGGS ON CIABATTA GFO 16
poached, scrambled or fried enjoyed your way + double smoked bacon

THE SMASHED AVOCADO V, DF, GFO 20
whipped fetta, roasted garlic oil, lemon, turmeric & chia dukkha
+ egg 3.5
+ double smoked bacon 7

HOUSE MADE SOURDOUGH WAFFLES
choice of...
+ Nutella, macadamias & cream 16
+ strawberries, honey & cream 16
+ bacon, maple & vanilla ice cream 18

BAE ROLL GFO 17
double smoked bacon, fried free-range egg, American mustard & smokey BBQ sauce (VEG) swap bacon for halloumi

BREAKY WRAP GFO, DFO 16
double smoked bacon, fried free-range egg, hash brown, red cheddar, smokey BBQ sauce, tomato relish, toasted tortilla wrap

Weekday special until 11am with a small coffee 16

EGGS BENEDICT
poached eggs, hollandaise, toasted ciabatta with choice of...
+ garlic mushrooms 22.5
+ double smoked bacon 23.5
+ smoked salmon 23.5

ZUCCHINI & CORN FRITTERS GF 22
avocado, tomato salsa, halloumi, basil pesto, tomato relish, a fried egg & fresh herbs

THE FARMER'S FEAST GFO 28
pork & fennel sausage, double smoked bacon, hash brown, halloumi, garlic mushrooms, toasted ciabatta, poached egg, American mustard & tomato relish

CHILLI PORK & PRAWN SCRAMBLE GFO 26
grilled local prawns, honey soy pork belly, scrambled eggs, whipped fetta, chilli & garlic dressing, lemon on toasted ciabatta

POKE BOWL GFO 26
pickled ginger, wakame, edamame, kimchi, cucumber, avocado, sesame & wasabi mayo, ponzu, crispy shallots, steamed rice with choice of...
+ smoked salmon
+ battered barramundi
+ honey soy pork belly

BURGERS

CLASSIC CHEESEBURGER 18.5
wagyu beef, lettuce, pickles, onion, red cheddar, ketchup, American mustard, aioli, toasted brioche roll

DIRTY BIRD 18.5
fried chicken, lettuce, pickles, onion, red cheddar, chipotle aioli, toasted brioche roll

PORK BELLY SAMURAI 19
honey soy pork belly, lettuce, kimchi, red cheddar, sesame & wasabi mayo, toasted brioche roll

+ a side of fries 5
+ a side of gravy 2.5

EXTRAS

GLUTEN FREE ROLL 2
DOUBLE SMOKED BACON (1) 3
AVOCADO 5
DOUBLE MEAT 7

TOASTIES

HAM & CHEESE 15
shaved ham, mozzarella, tomato relish

CHICKEN PESTO 18
free range roasted chicken, red onion, basil pesto, aioli, mozzarella

PUMPKIN & HALLOUMI 16
roasted butternut pumpkin, halloumi, mozzarella, chipotle aioli

SIDE QUESTS

create your perfect plate with options below:

sweet potato fries, chipotle aioli, sea salt 12
fries, tomato sauce, chicken salt 11
double smoked bacon, shaved ham, beef patty, honey soy pork belly, battered barramundi, smoked salmon 7
avocado, halloumi, garlic mushrooms 5
1 egg, hollandaise, hash brown, whipped fetta 3.5

THURSDAY

Burger Deal
\$14 burger + \$3.5 chips

SATURDAY

Park Run
free coffee with brunch
for park run participants

FRIDAY

Pizza Special
pizzas from \$16

SUNDAY

Sunday Roast
\$22 ask staff for details

HOT COFFEE

DOUBLE ESPRESSO	4.5
BLACK	
small cup mug extra-large	5 5 5 6
PICCOLO	4.5
WHITE	
small cup mug extra-large	5 5.5 6.3 7
CHAI	
HOT CHOCOLATE	
TURMERIC	
MATCHA	

COLD COFFEE

ICED LATTE	7
+ ice cream	1.5
+ whipped cream	1
ICED LONG BLACK	6
COCONUT WATER ICED LONG BLACK	8
ICED CHAI	7
ICED MOCHA	8
ICED CHOCOLATE	8

TEA

ENGLISH BREAKFAST EARL GREY GREEN	4.5
PEPPERMINT CHAI CHAMOMILE	

EXTRAS

EXTRA SHOT	0.7
SYRUPS	0.5
ALTERNATIVE MILK	1
COLD FOAM	2
see staff for rotating cold foam flavours	

FRESHLY SQUEEZED JUICE

ORANGE APPLE PINEAPPLE BEETROOT	10
WATERMELON GINGER	

MILKSHAKES

kids large thickshake	5 10 +1
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CHOCOLATE STRAWBERRY VANILLA	
CARAMEL	

SUPER SHAKES

BISCOFF NUTELLA OREO	12
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SMOOTHIES

TROPICAL	12
mango, banana, pineapple juice, passionfruit, coconut milk	
SUMMER GLOW	12
dragonfruit, collagen powder, mango, freshly squeezed pineapple juice	
GREEN GOODNESS	12
mango, banana, spinach, pineapple juice, greens powder, coconut milk	
BANANA BUTTER BLISS	12
banana, cocoa powder, maple, almond butter, almond milk	
+ protein powder to any smoothie	2

COCKTAILS

MARGARITA CLASSIC OR FROZEN	15
classic chilli	
APEROL SPRITZ	15
aperol, prosecco, soda	
ESPRESSO MARTINI	15
vodka, kai coffee espresso, mozart, liquor 43	
BUBBLEGUM SOUR	15
grape vodka, passionfruit liquor, lemon, egg white	
see our friendly staff for rotating cocktail specials	

TAP BEER

YOUR MATES LARRY PALE ALE 4.5%	10 13
DIABLO GINGER BEER 4%	11 14
10 TOES HELL YES CRISP LAGER 4.2%	10 13

WINES

white

ALEJANDRO PROSECCO	10 17 44
murray darling south australia	
SON OF A BULL SAUVIGNON BLANC	10 17 44
pipers river tasmania	
BOYDELL'S PINOT GRIS	12 19 46
hilltops south australia	
BOYDELL'S SANGIOVESE ROSÉ	12 19 46
orange new south wales	

red

BOYDELL'S SHIRAZ	13 19 48
hunter valley new south wale	