

# BREAKFAST

## SWEET POTATO BUN (Also available takeaway)

Dry cured streaky bacon, hash brown, truffled spinach, fried free range egg, bbq sauce \$15

## THE BEN LOMOND (DF)

Dry cured streaky bacon, sourdough, Zamora bonbons, savoury beans, rosti, eggs of your choice \$30

## GRANDPA BB'S TOASTED GLUTEN FREE MUESLI (Also available takeaway, GF, Vegan, DF, V)

Coconut yoghurt, rhubarb & ginger compote, pickled pear, lemon, almond milk \$20

## SMASHED AVOCADO (V)

Fitness loaf, lemon-avocado, pickled chilli, edamame pecorino, citrus oil \$22

Add a free-range poached egg \$2

## BUTTERMILK WAFFLES

Honey comb, cinnamon butter, toasted almonds \$22

## QT EGGS BENNI

Toasted sour dough, wilted spinach, dry cured bacon, free range poached eggs, hollandaise \$25

## MT COOK SMOKED SALMON

Baby capers, lemon zest, crème fraîche, toasted sour dough, rocket \$25

## 2 EGGS YOUR WAY

Toasted sourdough \$12

## THREE EGG OMELETTE YOUR WAY (GF)

Fillings – ham, mushroom, tomato, Spanish onion, spinach, cheese, capsicum \$16

## EXTRAS

Dry cured streaky bacon \$6 | Hash browns \$4 | Zamora pork bonbons \$6

Gluten free bread \$4 | Fitness loaf \$4

## FRESH JUICE \$9.5 (Also available takeaway)

### Rise & Shine

Orange, pineapple & lemon

### Detox

Carrot, apple, ginger, celery & beetroot

### Green Machine

Apple, spinach, kale, lemon, pineapple & spirulina

## SMOOTHIES \$9.5 (Also available takeaway)

### Berrylicious

Mixed berry, milk, yoghurt & honey

### Mad mango (VEGAN)

Banana, mango, Almond Milk, Maple, Turmeric, Coconut Water

### Chocolate peanut butter

Banana, dates, peanut butter, cacao powder, milk

## L'FARRE fair trade coffee \$4.5

## T LEAF loose leaf pot \$4.5

## Organic ayuverdic chai latte \$5.5

Turmeric & Manuka Honey

Beetroot & Turmeric

Spirulina & Sea Minerals

Reishi & Sleep Botanicals