

WEEKDAY MENU

ALL DAY BREAKFAST

Available Monday to Friday 7.30am-2.00pm

TOASTED SOURDOUGH peanut butter vegemite jam marmalade nutella local honey	8.0
SPICED RAISIN SOURDOUGH TOAST with real butter & sprinkling of cinnamon sugar	8.0
"PIMPED UP" RAISIN TOAST whipped vanilla bean ricotta, cinnamon, honey & walnuts	12.0
BANANA BREAD with honeycomb butter	8.0
SCONES Mums buttermilk scones w/house jam & fresh cream	8.0
CROISSANT with buttery butter and house jam	8.5
HAM/CHEESE CROISSANT leg ham, specialty cheese & dijonnaise	10.0
"OUR" TOASTED GRANOLA Greek yogurt, mixed berry compote, local honey and LSAC. <i>If you don't know what LSAC is, don't worry, it's good for you</i>	14.0
GEORGE'S SPECIALTY B&E ROLL with house relish	9.0
BREAKY WRAP UP scrambled, bacon, spinach, tasty cheese & chilli jam	14.0
EGGS WHICH EVER WAY YOU WISH scrambled fried poached with toasted sourdough	13.0
SIDES	
sauteed mushies baby spinach roast tomato SD toast	3.0 EACH
avocado feta haloumi	4.0 EACH
bacon sausage (2) free range eggs (2)	5.0 EACH
smoked salmon	6.0 EACH
hash brown	2.0 EACH
CHEF'S OMELETTE choose your 3 fillings with toasted sourdough	19.0
CORN FRITTER STACK with smashed avo, roast cherry tomatoes, chilli jam & rocket	19.0
COURTYARD BRUSCHETTA half serve 11.0 cream cheese avo tomato spanish onion house pesto fresh basil with lemon & olive oil add poached egg (1) + 3.0 add bacon + 5.0	17.0
AVO FETA BEETS smashed avo, marinated feta, sweet beetroot relish on grain SD toast with dukkah & rocket add poached egg (1) + 3.0 add bacon + 5.0	15.0
THE PANCAKE mixed berry compote, whipped vanilla-bean ricotta & fresh berries add honeycomb butter +2.0	20.0

ALL DAY LUNCH

Available Monday to Friday 7.30am-2.00pm

FRESHLY MADE SANDWICHES 1-protein & 3-4 salad fillings	8.0
IT'S A WRAP	16.0
ROASTED VEGO hummus spinach halloumi sundried tomato roasted capsicum zucchini spanish onion eggplant sweet potato balsamic glaze	
SMOKIN' SALMON cream cheese smokin' salmon spinach capers spanish onion smashed avo lemon aoli	
CHOOKY BLAT chicken bacon lettuce smashed avo tomato aioli	
SOURDOUGH TOASTIE	13.0
BLAT bacon cos tomato avo aioli	
REUBEN corned beef pickled onion specialty cheese mustard gherkin russian dressing	
CHILLI CHOOK grilled chicken smashed avo tasty cheese chilli mayo	
ALOHA ham grilled pineapple tasty cheese pickled red onion	
ITALIANO tasty & parmesan cheese tomato eggplant spanish onion spinach pesto	
BURGERS	
CHOOK BURGER grilled chicken tomato avo tasty cheese cos aioli chilli jam	17.0
CLASSIC BURGER beef pattie tasty cheese tomato beetroot lettuce house relish	13.0
VEGO BURGER eggplant sweet potato mushroom spinach haloumi hummus beetroot relish	18.0
CHIPPIES add aioli +3.0 add chilli mayo +3.0	5.0
LOFTY SOUP with toasted sourdough <i>Ask our friendly staff what soup is cooking today!</i>	15.0
HOUSE SALAD add ham bacon chicken haloumi poached (2) +5.0 each add smoked salmon +6.0 each	15.0
SEASONAL SALAD Ask our friendly staff about our seasonal special salad	18.0

GF GLUTEN FREE P PALEO V VEG VG VEGAN DF DAIRY FREE

ALL AVAILABLE ON REQUEST.

KIDS MENU

Available Monday to Sunday 7.30am-2.00pm

TOASTED SOLDIERS vegemite peanut butter jam honey	6.0
PANCAKE with maple syrup & icecream	12.0
SCRAMBLED EGGS ON TOAST	12.0
BACON & EGGS	12.0
HAM & CHEESE TOASTIE	8.0
KIDDIE SANDWICH	6.0
CHEESEBURGER & CHIPS	15.0
NUGGETS & CHIPS	15.0
FISH & CHIPS	15.0



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WITH CONTACTLESS CHECK-IN**



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DRINKS

HOT DRINKS

COFFEE **4.0/4.5**
capp | latte | flat white | long black

espresso | macchiato | piccolo **3.5**

mocha | dirty chai **4.5/5.0**

HOT CHOCOLATE | CHAI **4.0 / 4.5**

EXTRAS

extra shot | soy | almond milk | lactose free | coco
milk | macca milk +1.0
syrup - caramel | vanilla | hazelnut +1.0

GOLDEN LATTE **6.0 / 7.0**

spiced turmeric powder spun on coconut milk with a
dash of honey

LOOSE LEAF TEA **4.5**

english breakfast | royal earl grey | sydney masala chai
| green | white rose | peppermint
| sweet root detox | lemongrass & ginger |
herbal de-stress

JUICE **5.5**

100% RAW COLD PRESSED JUICE
ask us about our flavour range!

SPARKLING SODAS **5.0**

variety of flavours, *ask our friendly staff*

BELOKA MINERAL WATER **4.5**

STILL WATER **3.0**

KOMBUCHA **6.5**

delicious natural fermented tea beverage containing
live enzymes & probiotics aimed at improving
digestion and gut health

SMOOTH AS **9.5**

made on coconut milk/coconut water w/ LSA & CHIA
SUPER-GREEN - baby spinach | avo | kale | apple juice
| pineapple | mint | banana | honey
TROPICANA - pineapple | mango | banana | coconut
| honey
ACAI BERRY - acai | mixed berry | banana | honey
add a dash of turmeric powder + 2.0

MILKSHAKES **7.5**

chocolate | strawberry | caramel | vanilla | banana |
coffee | lime
add malt + 1.0 make it thick + 2.0

ICED DRINKS W/ICE CREAM & CREAM **9.5**

iced coffee | iced choc | iced mocha

ICED DRINKS JUST OVER ICE **7.0**

iced long black | iced latte | iced choc | iced mocha

COLD BREW **5.0**

over ice