

All Day Breakfast & Lunch

Acai Bowls (VG) (GF) (DF) 18

(Please note: acai bowls will be served at a different time to hot meals)

BR ACAI - Acai Flow, Banana, Seasonal Fruit & House-Made Granola

BOUNTY - Acai Flow, Coconut, Banana, Berries, Vegan Chocolate Sauce & House-Made Granola

PB&J - Acai Flow, PB, Berry Compote, Banana, Seasonal Berries, Vegan Chocolate Sauce & House-Made Granola

Toast (VGO) (GFO) (DFO) 6.9

Sourdough, Turkish, White or Gluten Free Bread with Jam, Vegemite, Peanut Butter or Nutella

Fruit & Hazelnut Toast (DFO) 7.9

Two Eggs Your Way (V) (GFO) (DFO) 10.4

Poached, Scrambled, or Fried on Sourdough with Tomato Relish
+ Add Bacon \$6.5

Breakfast Muffin (VO) (GFO) (DFO) 10.9

Bacon, Egg, Avocado & Cheese with BBQ Sauce on English Muffin
(VO = Swap Bacon with Halloumi)
+ Add Potato Hash \$4.5

Smashed Avocado (VG) (GFO) (DF) 15.9

On Toast

Smashed Avocado, Edamame, Cherry Tomato, Hazelnut Dukkah, House Made Vegan Fetta on Sourdough w/ Glaze
+ Add a Poached Egg \$2.5

Breakfast Poké Bowl (VG) (GF) (DF) 17.9

Brown Rice, Grilled Pumpkin, Sweet Potato, Smashed Avocado, Cabbage Slaw, Edamame, Gochujang Tofu & Hazelnut Dukkah
+ Add a Poached Egg \$2.5
+ Add Smoked Salmon \$6.5

Breakkie Burrito (DFO) 17.9

Bacon, Scrambled Eggs, Hash Brown, Spinach, Tasty Cheese with BBQ Sauce

Spanish Baked Beans (GFO) (DFO) 19.9

Chorizo, Bacon, Onion and thyme in Tomato Sauce, Topped with a Egg and Mozzarella, with Sourdough.

Baked Sweet Potato Stack 19.9

Baked Sweet Potato, Haloumi, (VGO) (V) (GF) (DFO)
Smashed Avocado, Mushroom, (GF) (DFO)
Kale, Tomato & Onion Salsa with Waffle Fries

PROTEIN - Acai Flow, Banana, Berries, Protein Balls, Seed Mix & PB Sauce & House-Made Granola

NUTELLA – Acai Flow, Banana, Berries, Cacaonibs, Hazelnuts, Nutella & Wafer Sticks & House-Made Granola
*Not VG

MINI ACAI - Acai Flow, Banana, Berries 10

+Add On 3
Coconut Yoghurt Extra Fruit
Extra Granola Peanut Butter Nutella

Loaded Breakfast Croissant 19.9

Croissant Filled with Scrambled Eggs, Bacon, Halloumi, Cheddar and Avocado with BBQ Sauce.

Savoury Mince 19.9

Beef Mince and Veggies Cooked in a Rich, Thick Gravy, Two Poached Eggs Served on Sourdough Toast

Cauliflower, Corn & Zucchini Fritters (V) (GF) (DF) 19.9

Grilled Sweet Corn, Grilled Pumpkin, Smashed Avocado, Cashew Cream, Green Mix Salad, Tomato Relish and a Poached Egg

Potato Hash Benedict (GF) (DFO) 23.9

Choice of Bacon, Salmon, Avocado or Haloumi w/ House Made Potato Hash, Wilted Spinach, Sweet Corn, Poached Eggs and House-Made Capsicum Hollandaise

Karaage Chicken Benedict (GF) (DFO) 24.9

Gochujang Crispy Karaage Chicken w/ House Made Potato Hash, Wilted Spinach, Sweet Corn, Poached Eggs and Hollandaise

Big Breakkie (GFO) (DFO) 27.9

Bacon, Cheese Pork Chipolatas, House-Made Potato Hash, Grilled Tomato, Grilled Mushroom, Two Eggs, Baked Beans, with Sourdough

Classic Pancakes (V) (GFO) 12.9

Three Pancakes, Fresh Strawberries, Maple Syrup

+ Add Extra Fruits \$3

+ Add Nutella \$3
+ Add House-Made Berry Coulis \$3
+ Add Vanilla Ice Cream \$2.5

Nachos (V) (DFO)

Corn Tortilla Chips, Mozzarella Cheese, Jalapenos, Guacamole, Salsa and Sour Cream

+ Add Grilled Chicken \$5.5

+ Add Baked Beans \$5.5

Chicken Quessadilla (VO) (DFO) 17

Grilled Chicken, Jalapenos, Black Olives, Onion, Mozzarella Cheese, Tortilla and Sour Cream

Spicy Pear & Avocado Salad 17

House-Made Poached Pear, Avocado, Spinach, Mint, Toasted Walnut, Onion and Chilli Mint Dressing (VG) (GF) (DF)
+ Add Grilled Chicken \$5.5

Chicken Katsu Sandwich 20

Panko Crumbed Chicken Fillet, Cabbage Slaw on Turkish Bread with Teriyaki Mayo and Waffle Fries

Karaage Tender Burger (GFO) (DFO) 20

Crispy Karaage Tender with Cabbage Slaw, QP Mayo, Teriyaki Sauce on Milk Bun with Waffle Fries

Steamed Pork Bun (4) (DF) 13

Vegetable Spring Rolls (3) (DF) (VG) 13

Dumplings (DF) 13

Pork & Chive (5), Pork & Kimchi (5), Prawn & Scallop (4), Vegetable (5) (VG)

Sides ALL GF

Butter / Maple Syrup

Tomato Relish / Hollandaise (DFO) /

Chive Dijonnaise / Gochujang Sauce

Sweet Chilli Sauce / Teriyaki & Mayo

Sour Cream / Berry Coulis / Cheese

Extra Toast (1) (GFO) / Egg (1) 2.5

Kids Menu 12 years & under 11

PANCAKE

Pancake, Fresh Strawberries, Vanilla Ice Cream and Maple Syrup

HAM & CHEESE TOASTIES

Please note that some menu items contain nuts, seeds & other allergens. Due to the nature of restaurant meal preparation & possible cross contamination we are unable to guarantee the absence of traces of such ingredients.

14 Chicken Katsu Curry 20

Japanese Style Panko Crumbed Chicken and Curry Sauce with Steamed Rice

Crispy Karaage Tender (GF) (DF) 13

Fried Karaage Chicken Tender with Teriyaki Mayo or Gochujang Baffalo
+ Add Side Chips \$3

S&P Calamari (GF) (DF) 13

Tender Calamari with Chive Dijonnaise or House-Made Sweet Chilli Sauce
+ Add Side Chips \$3

Sweet Potato Wedges (VGO) (V) (GF) (DFO) 10

House Made Sweet Potato Wedges with Sweet Chilli Sauce & Sour Cream

Potato Waffle Fries (VGO) (V) (GF) (DFO) 10

with Sour Cream or Tomato Sauce

Bao (DF) (VGO) 13

Choose 2 from

-Karaage Chicken with Teriyaki Mayo

-Karaage Chicken with Sweet Chilli

-Karaage Chicken with Gochujang Baffalo

-Sweet Potato with Cashew Cream

Gochujang Tofu / Eggs (2) / Potato Hash / 4.5

Grilled Tomato / Spinach

Halloumi / Mushroom / Avocado 5.5

Karaage Chicken / Gochujang Chicken

Grilled Chicken / Baked Beans

Bacon (2) / Pork Chipolats (2) 6.5

Smoked Salmon

BACON & SCRAMBLED EGG

Bacon and Scrambled Egg on White Toast

POPCORN CHICKEN & WAFFLE FRIES