

<b>YOUR TOAST</b>	GFO	6.8
Sourdough, multigrain, rye toast, gluten free w. house made jams, peanut butter, vegemite or honey		
<b>FRUIT TOAST</b>		7.8
w. whipped cinnamon ricotta		
<b>FREE RANGE EGGS ON TOAST</b>	GFO	9.9
Poached, scrambled or fried		
<b>BREKKIE BOARD</b>	VEO	25.5
A bowl of coconut chia pudding w. toasted granola and seasonal fruits, a beetroot and kiwi hummus, char grilled ciabatta, halloumi, dukkah egg, bacon, blistered cherry tomatoes, roasted mushrooms and avocado served w. a pot of juice		
<b>HOUSE MADE BIRCHER</b>	VE	17.9
Madagascar vanilla bean coconut yoghurt, granola, seasonal fruits, watermelon jerky, shaved coconut flakes and mango coulis		
<b>ORANGE RICOTTA HOT CAKE</b>	V	20.9
W. seasonal fruits, chewy watermelon meringue, banana butterscotch sauce, buckwheat and almond granola and raspberry sorbet topped w. a poached Beurre Bosc pear		
<b>FRENCH TOAST</b>		20.9
W. seasonal fruits, mixed of berries compote, marshmallow, orange mascarpone, crumbled pistachio & homemade lemon crud with maple syrup		
<b>WAFFLE</b>		19.9
Belgian waffle pieces, chocolate shards, fresh blueberries, kiwi and strawberry, honeycomb crumble, semifreddo w. hot chocolate pouring sauce		
<b>ZUCCHINI HALLOUMI CORN FRITTER</b>		20.9
With a fresh zoodle & red cabbage slaw, sunflower hummus, fried egg, spicy chickpea chips, stacked on a roasted cauliflower		

<b>SMASHED AVO</b>	VEO GFO	20.5
Smashed avocado w. a poached egg, whipped fetta and ricotta, tomato salsa, snow pea tendrils, toasted seeds and pomegranates on sourdough toast		
+Bacon 5		
<b>CHILLI SCRAMBLE</b>	VEO GFO	19.5
Scrambled eggs w. sambal olek, fetta, fresh chilli, spring onions and fried shallots on sourdough toast		
+Chorizo 5		
<b>HUEVOS RANCHEROS</b>	GF	19.9
Home-made tomato salsa w. onion, capsicum, chorizo, beans, char grilled corn, jalapenõs, topped w. sour cream, avocado and two poached eggs. Served w. corn tortillas		
<b>PULLED PORK BENEDICT</b>		19.9
Slow cooked pork shoulder on potato croquettes w. poached eggs, apple cider hollandaise and a fennel and orange slaw		
<b>CHORIZO HALLOUMI BENEDICT</b>		19.9
Two poached eggs, chorizo, avocado & hollandaise on potato croquettes with a side of halloumi cheese		
<b>SMOKED SALMON AVOCADO STACK</b>		21.9
Multigrain sourdough with housemade beetroot hummus, avocado, soft scrambled eggs, smoked salmon, toasted seeds and microgreens		
<b>THE BIG HUNT</b>	GFO	23.5
Eggs your way, bacon, potato croquette, halloumi, blistered cherry tomatoes, mushrooms and sautéed kale, served w. tomato relish on sourdough toast		
<b>POKE BOWL</b>	VEO GF	21.9
Smoked salmon w. an avocado rosette, red cabbage, shredded carrot, edamame beans, pickled ginger and nori on an ancient grain salad w. home made ginger dressing		
<b>ANCIENT GRAIN AND CHICKEN SALAD</b>	VEO GF	19.9
Wild rice, chickpeas, quinoa, currants, capsicum, fresh kale with honey mustard dressing, beetroot hummus and char grilled Moroccan chicken served with cumin yoghurt		

<b>FISH TACOS</b>		20.9
Flathead on tortilla, tropical pico de gallo, sour cream, chipotle mayo coleslaw		
+Avo 4		
<b>FISH 'N CHIPS</b>		18.9
Beer battered flathead fillets, thick cut chips and roasted garlic lemon aioli		
+Salad 4		
<b>HOKIEN NOODLE</b>		19.9
Wok fried Asian greens, w. chicken, fried noodle, chilli, crispy shallots, rice crackers and an Asian dressing, topped w. fried egg		
<b>BAO</b>		19.9
Fried chicken tossed in homemade Asian sauce with coleslaw, spring onion & drizzle of HL special sauce and crushed peanuts		
<b>SOUTHERN FRIED CHICKEN BURGER</b>		20.9
Slaw, dill pickles, HL special sauce w. milk bun and thick cut chips		
+Bacon 3 + Chargrilled pineapple 2 + Jalapenõ 2		
<b>WAGYU BEEF BURGER</b>		21.9
Cooked medium, aged cheddar, green cos, tomato, caramelised onion, pickles, HL special sauce w. brioche bun and thick cut chips		
+Bacon 3 +Fried egg 2 + Jalapenõ 2		

### OFF THE BENCH

extra egg / extra toast / extra gluten free toast / tomato relish / hash brown	2 ea.
mushrooms / sautéed kale / hollandaise / blistered cherry tomatoes / fetta / 1/2 avocado / spinach	4 ea.
bacon / halloumi / potato croquette / chorizo / smoked salmon	5 ea.

### SNACKS

thick cut chips w. tomato sauce	8 ea.
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Sorry, no split bills or menu alterations on weekends, public holidays and busy times. 10% surcharge on public holidays

## HOT DRINKS

### COFFEE By Third Wave Roasters

Short Black / Short Macchiato	3.8
Latte / Flat white / Cappuccino / Double Espresso reg	4.5
Long Macchiato / Long Black / Piccolo	
Mug	+ 0.5
Decaf / Extra shot / Bonsoy /	+ 0.7
Milk Lab Almond Milk	+ 0.7
Syrups - Vanilla / Hazelnut / Caramel	+ 0.7

<b>AFFOGATO</b>	4.5
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<b>FRAUS DLUX HOT CHOCOLATE</b>	4.5
kids served w. marshmallow	

<b>CHAI LATTE</b>	4.5
Powder	
Prana Leaf	5

<b>GOLDEN LATTE, (GF, VE), MATCHA LATTE</b>	5
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<b>BABYCINO</b> w. marshmallow	1.5
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<b>TEA</b> By Tea Drop	4.5
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English Breakfast / Supreme Earl Grey /	
Spring Green / Peppermint /	
Lemongrass & Ginger / Chamomile	

## COLD DRINKS

Cold Drip - 12 hr cold infusion (seasonal)	5
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Iced Latte / Long Black	4.5
Iced Coffee / Choc / Mocha / Chai	6

House Made Pink Iced Tea (Seasonal)	6
Combination of lemongrass & ginger, mint, lemon & mixed berries	

Coconut Water	4.5
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Lemon Lime Bitters	4.5
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### FRESHLY SQUEEZED JUICE 8

Detox - orange, carrot, apple, ginger	
Cleanse - apple, spinach, cucumber, mint	
Reboot - watermelon, apple, mint, ginger	

Kids size - orange or apple juice	5
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### SMOOTHIES 9

Berry - Banana, mixed berries, coyo yoghurt, chia, coconut water	VE
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Mango - Mango, passionfruit, greek yoghurt, mango nectar	
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### MILKSHAKES in stainless steel cups 7

Chocolate, Strawberry, Vanilla, Banana	
Caramel, Lime, Blue Heaven	
Malt	+ 0.5
Thickshake	+ 3
Kids size	4

### SPIDERS 5

Coke, Lemonade or Raspberry	
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### BOTTLED DRINKS

Sparkling Water	4
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Coke / Diet Coke / Coke Zero	Can	2.5
	Bottle	4.5

### SPARKLING WINE

Paulett Trillians Sparkling Brut Clare Valley, SA	9
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Chardonnay Pinot Noir, VIC	9 / 42
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Vallate Prosecco Extra Dry Veneto, Italy	9 / 42
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### WHITE WINE

Matakana Estate Sauvignon Blanc Malborough, NZ	8 / 38
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Dalfarras Pinot Grigio Central Victoria	8 / 38
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McPherson Moscato, VIC	7 / 32
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### RED WINE

Nocton Pinot Noir Tasmania	9 / 42
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### BEER

Crown Lager, VIC	7.5
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Furphy Ale, Geelong	8.5
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Gage Roads Atomic Pale Ale, WA	8.5
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Stone and Wood Pacific Ale, Byron Bay	9
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Mountain Goat Steam Ale	9
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