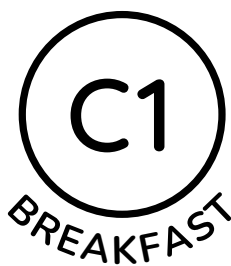


SEVEN DAYS



7AM - 3PM

BREAKFAST BOWLS

GRANOLA

honey & ginger poached pear, chia pudding, raspberry, rhubarb powder & house-made granola served with milk nut free | *dairy free | *vegan | vege | *on-request

\$16.90

PORRIDGE

apple juice, vanilla & maple soaked oats with a quinoa cracker, fresh seasonal fruit & served with cream

\$16.90

nut free | *dairy free | *vegan | vege | *on-request

BENEDICTS

BUILD YOUR BENE

hash browns, spinach, two poached eggs & hollandaise with one of the following:

+ add truffle roasted portobello mushrooms

+ add hot smoked salmon

+ add streaky bacon

+ add pulled pork

*paleo | *dairy free | gluten free | *vege | *on request

\$23.90

BEEF BULGOGI

korean style marinated beef with mushrooms, onion, carrot, mesclun, tomato, cheese sauce & a poached egg served on sourdough

nut free

\$16.90

SAVOURY FLATBREAD

with lemon ricotta, pickled onions, kale, cucumber, roasted chickpeas, sundried tomatoes & capsicum hummus

+ add a side of poached eggs \$6

+add a side of bacon \$7

vege | nut free

\$23.90

JAFFA WAFFLES

two stacked waffles served with an orange-chocolate cream, caramel walnuts, chocolate ganache and fresh & candied oranges

vege | contains nuts

\$23.90

EXTRAS

avocado \$6

smoked salmon \$7

bacon \$7

spinach \$6

two eggs \$6

tomato (fresh or grilled) \$6

halloumi \$6

toast & butter \$6.90

panfried mushrooms \$5

gluten free toast \$2.50

potato hashbrowns \$6

crispy fried chicken \$7

BREAKFASTS

EGGS ON TOAST

two eggs (scrambled, poached or fried) on toasted multigrain

*dairy free | *gluten free | *paleo | vege | *on request

\$13.90

BACON & EGGS

bacon & two eggs (scrambled, poached or fried) on toasted multigrain

*dairy free | *gluten free | *paleo | *on request

\$16.90

SALMON & AVOCADO

with cold smoked salmon, avocado, lemon, capers & cream cheese on toasted multigrain

+ add a side of poached eggs \$6

*dairy free | *gluten free | *on request

\$23.90

OPEN BREAKFAST BURRITO

with pulled pork, black beans, quinoa, guacamole, salsa, parmesan cheese, ranch dressing, chipotle aioli & a poached egg

*dairy free | *gluten free | *vegan | *vege | *on request

\$23.90

CREAMY MUSHROOMS

with parmesan cheese & chilli served on multigrain toast

+ add a side of poached eggs \$6

+ add side of bacon \$7

*dairy free | *vegan | vege | *paleo | * on-request

\$23.90

THREE FILLING OMELETTE

choose any 3 fillings from the following:

bacon / mushroom / spinach / cheese / pulled pork /

feta / potato / tomato / salmon / onion

served on multigrain

*dairy free | *gluten free | *paleo | *vege | *on request

\$23.90

BUDDHA BOWL

with deep fried tofu, edamame, cucumber, pickled onion, crispy lotus & nori served on white rice with kewpie mayo & teriyaki sauce

+ add side of poached eggs \$6

+ add side of pan fried mushrooms \$5

+ add crispy fried chicken \$7

dairy free | gluten free | vegan | vege

\$16.90

BIG BREAKFAST

SUPER CHOICE BRO

with bacon, spinach, grilled tomato, portobello mushroom, hash brown, hollandaise, toasted multigrain & two eggs (scrambled, poached or fried)

gluten free | paleo | vege | *on request

\$26.90

DIETARY NEEDS

we are willing & well versed at catering for any dietary restrictions you may have. our kitchen does contain dairy, nuts, gluten and other allergens that may make some menu selections unavailable to you. we use free-range eggs & freedom pork. please discuss with our counter team if you would like some recommendations that best suit your needs.