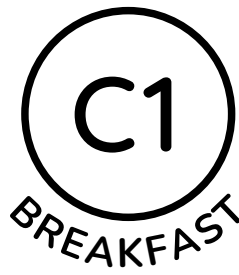


SEVEN DAYS



7AM - 3PM

BREAKFAST BOWLS

GRANOLA \$16.90
honey & ginger poached pear, chia pudding, raspberry, rhubarb powder & house-made granola served with milk nut free | *dairy free | *vegan | vege | *on-request

PORRIDGE \$16.90
sticky date pudding inspired steel cut oats with seasonal fruit, caramelised walnuts & blackberry compote served with cream
*nut free | *dairy free | *vegan | vege | *on-request

BENEDICTS

BUILD YOUR BENE \$23.90
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

BEEF BULGOGI \$16.90

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

SAVOURY CRUMPETS \$16.90

with an avocado salsa, halloumi & green salad served on two jalapeno-egg battered crumpets
+add a side of poached eggs \$6
+add a side of bacon \$7
vege | nut free

WAFFLES \$23.90

two stacked waffles soaked in a cinnamon-egg batter served with mixed berry compote, earl grey infused chocolate ganache, vanilla ice cream & maple syrup
vege

EXTRAS

- avocado \$6
- bacon \$7
- two eggs \$6
- halloumi \$6
- panfried mushrooms \$5
- potato hashbrowns \$6
- smoked salmon \$7
- spinach \$6
- tomato (fresh or grilled) \$6
- toast & butter \$6.90
- gluten free toast \$2.50
- crispy fried chicken \$7

BREAKFASTS

EGGS ON TOAST \$13.90
two eggs (scrambled, poached or fried) on toasted multigrain
*dairy free | *gluten free | *paleo | vege | *on request

BACON & EGGS \$16.90
bacon & two eggs (scrambled, poached or fried) on toasted multigrain
*dairy free | *gluten free | *paleo | *on request

SALMON & AVOCADO \$23.90
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

OPEN BREAKFAST BURRITO \$23.90
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

CREAMY MUSHROOMS \$23.90
with parmesan cheese and chilli served on multigrain toast
+add a side of poached eggs \$6
+ add side of bacon \$7
*dairy free | *vegan | vege | *paleo | *on-request

THREE FILLING OMELETTE \$23.90
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

BUDDHA BOWL \$16.90
with quinoa, mesclun, pickled onion, carrots, edamame, corn, cucumber & sauerkraut with sesame & lemon dressing
+ add side of poached eggs \$6
+ add side of pan fried mushrooms \$5
+ add crispy fried chicken \$7
dairy free | gluten free | vegan | vege

BIG BREAKFAST

SUPER CHOICE BRO \$26.90
with bacon, spinach, grilled tomato, portobello mushroom, hash brown, hollandaise, toasted multigrain & two eggs (scrambled, poached or fried)
gluten free | paleo | vege | *on request

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.