



Until 11:30AM

Toasted Sourdough | Pepe Saya Butter \$7.0
Oomite | Crunchy Peanut Butter |
Forrest Fruits Jam | Nutella

Gluten Free +2

Almond | Date | Cinnamon Porridge \$16.5
(Limited, contains nuts)

Almond Butter | Spiced Brown Sugar |
Blueberry/ Orange Compote | Creme Fraiche

Brown Butter & Sesame Scrambled Eggs \$14.5
Sourdough | Chives

House-Made Smoky Chili Oil +0.5

Avocado +5

Bacon +5

Roma Tomato +3

Meredith Goats Cheese +5

Leg Ham +5

Salmon +8

Haloumi +4 / +7

Egg & Bacon Roll \$12.5

American Cheese Slice | Soft Potato Bun |
Brekkie Sauce

Double Egg +3.5

Double Bacon +4.5



Avocado Toast | Soft Boiled Egg (V) \$14.5
Avocado | Lemon | Seed Mix | Evoo

Avocado Toast | Soft Boiled Egg | Spicy \$18.5

Sesame Black Beans (V)
Herb Salad | Fresh Chilli | Toasted Sesame
Seeds

Avocado Toast | Soft Boiled Egg | \$18.5

Meredith Goats Cheese (V)
Herb Salad | Seed Mix | Evoo

Roast Pumpkin | Ferments Bowl (VG) \$19.5
(contains nuts)

Lemony Quinoa & Brown Rice |
Spicy Chickpeas | Muhammara |
Fermented Beetroot | Chopped Salad |
Almonds | Tahini Dressing

House Fermented Sriracha +0.5

Soft Boiled Egg +3.5

Bacon +5

Meredith Goats Cheese +5

Avocado +5

Haloumi +4 / +7

Sous Vide Chicken Breast +7

Gluten Free +2



Ploughmans Plate | Leg Ham \$18.5

(contains nuts)

Boiled Egg | Maffra Cheddar | Pickles |
Apple/Walnut Slaw | Confit Onion Jam |
Sourdough

(Substitute for Turkey or make it Vegetarian
add Avocado +\$1)

Tuna | Egg | Mayo | Avocado Sandwich \$17.5

Fennel | Creme Fraiche | Cornichions |
Fresh Chilli | Olive Tapenade | Cos

Bang Bang Chicken Sandwich \$17.5
(contains nuts)

Bang Bang Shredded Chicken Breast |
Spicy Sichuan Sauce | Asian Slaw | Mayo |
Cos

4 Cheese Toastie (V) \$13.5

Maffra Cheddar | Mozzarella | Provolone |
Pecorino | Pickled Shallots | Greens

House-Made Hot Sauce 0.5

Broccoli Rabe Kimchi +4.5

Roma Tomato +3

Leg Ham +5

Turkey +6



From Middyay

House Fermented Kimchi Pancake \$19.5

Crunchy Salad | Fresh Herbs | Edamame
| Crispy Shallots | Creamy Gochujang
Dressing | Soft Boiled Egg

Mixed Roast Veggie | Kale Pesto Salad (V) \$19.5
(contains nuts)

Green Slaw | Chopped Salad | Kale Chips |
Almonds | Quinoa | Brown Rice | Parmesan

House Smoked Salmon Salad \$20.5

Baby Leaves | Chopped Salad |
Waxy Potatoes | Green Beans |
Horseradish & Sour Cream Dressing

MENU ADD ONS

Soft Boiled Egg +3.5

Avocado +5

Bacon +5

Roma Tomato +3

Meredith Goats Cheese +5

Leg Ham +5

Turkey +6

Sous Vide Chicken Breast +7

Haloumi +4 / +7

Salmon +8

Broccoli Rabe Kimchi +4.5

House-Made Fermented Sriracha +0.5

House-Made Smoky Chili Oil +0.5

House-Made Hot Sauce +0.5

Gluten Free +2