

# BREAKFAST

8AM TILL 330PM

- 30 | ENGLISH BREAKY - Bacon, chorizo, poached eggs, tomato, mushroom, hash brown, hollandaise, sourdough **GFO**
- 26 | BENNY - Sourdough, spinach, poached eggs, hollandaise - choice of bacon, mushroom or smoked salmon **GFO**
- 23 | BREAKY BURGER - Fried egg, bacon, avocado, lettuce, hash brown, bbq sauce, burger bun **GFO**
- 24 | SMASHED AVO - Smashed avocado, poached eggs, cherry tomatoes, feta, dukkah mix, betroot hummus, dark rye **GFO VGO**
- 24 | VEGAN SMASHED AVO - Smashed avo, sautéed mushrooms, cherry tomato, pan fried tofu, dukkah mix, sourdough **GFO VG**
- 24 | WAFFLES - Banana, seasonal berries, maple syrup, mascarpone, berry coulis **GFO**
- 22 | ACAI BOWL - Seasonal fruits, sunflower seeds, mixed nuts, goji berries, passionfruit, nut butter, coconut flakes **GF**
- 13 | BANANA BREAD - Caramel & cinnamon butter **GFO**
- 13 | Eggs your way on sourdough **GFO**

**EXTRAS** 3 | Egg, sourdough, hollandaise 4 | Tomato, mushroom, spinach, hash brown 5 | GF Bread, sliced avocado 6 | Bacon, chorizo, smoked salmon, haloumi

# LUNCH

1130AM TILL 330PM

- 28 | FRIED CHICKEN BURGER - Buttermilk chicken, cos lettuce, mayo, poached egg, bacon, burger bun, hand cut chips **GFO**
- 30 | STEAK SANDWICH - Steak, fried egg, bacon, bbq onion, tomato, lettuce, bbq sauce, turkish bread, hand cut chips **GFO**
- 28 | PULLED PORK BURGER - Pulled pork, fried egg, cheese, mayo, burger bun, hand cut chips **GFO**
- 30 | SALT & PEPPER SQUID SALAD - Salt & pepper squid, cucumber, avocado, pepita seeds, feta, beetroot hummus, cherry tomato, lettuce, capsicum, radish, garlic aioli **GF VO**
- 28 | FRIED CHICKEN SALAD - Buttermilk chicken, lettuce, tomato, cucumber, avocado, capsicum, pickled onion, honey mustard dressing **GF VO**
- 26 | POKE BOWL - Tofu, edamame, black beans, avocado, corn salsa, pickled onion, radish, dill mayo, brown rice **GF**
- 28 | House crumbed chicken schnitzel, hand cut chips, lime chilli mayo **GF**
- 22 | House dips, toasted baguette, dukkah mix, olive oil, balsamic **GFO**
- 28 | Burrata, dukkah mix, honey, toasted baguette **GFO V**
- 30 | Burrata, prosciutto, cherry tomatoes, olive oil, balsamic, toasted baguette **GFO**
- 12 | Hand cut chips, aioli **GF**
- 12 | Hand cut sweet potato chips, lime chilli mayo **GF**

Please notify staff of any dietary requirements - GF | GFO Gluten Free or option VG | VGO Vegan or option V | VO Vegetarian or option

# COFFEE CHART EXTRA SHOT \$1

## 4 | SMALL

Espresso, macchiato, piccolo

## 5 | SMALL 6 | LARGE

Long black, cappuccino, latte, flat white, mocha, hot chocolate, chai latte, iced latte, iced chai, matcha latte

## 6 | SMALL 7 | LARGE

Iced coffee, iced chocolate, hot biscoff

## 4 | MUG 6 | TEA POT

English breakfast, earl grey, peppermint, green, lemon & ginger

1 | ALTERNATIVE MILK OPTIONS | almond, soy, oat

1 | ADD SYURP | vanilla, caramel, hazelnut

# DRINK CHART

## 13 | SMOOTHIES

Tropical, green, choc protein, vanilla biscoff, mixed berry

CHOOSE YOUR MIX | cows milk, lactose free, almond, soy, oat

## 9 | MILKSHAKES

Pick your flavour - Vanilla, chocolate, strawberry, caramel, lime

MAKE ME THICK \$2

## 10 | FRESH JUICE

Orange

Apple

Watermelon

Apple, carrot, celery

Watermelon, apple, mint

Carrot, orange, lemon

SPIKE ME \$9

# TERRA & SOL

## MORNING BOOZE

### 18 | BLOODY MARY

Tomato juice, vodka, lemon juice, worcestershire sauce, tabasco, black pepper

### 20 | ESPRESSO MARTINI

Charlie black coffee, vodka, kahlua, sugar

### 20 | TANGY

Vodka, peach liquor, strawberry, grapefruit juice, lime juice

### 12 | MIMOSA

Prosecco, orange or pineapple juice

### 15 | THREEFOLD MIMOSA

Prosecco, lemoncello, orange juice