



ALL DAY
BREAKFAST
FROM 7AM TO 2PM

TOAST (2 slices) - 6.5
toasted sourdough or multigrain bread
served with jam and butter (*GF bread +3*)

ORGANIC FRUIT TOAST (V) - 8.9
with vanilla mascarpone and honey

BRIOCHE FRENCH TOAST (V) - 15.5
with lemon curd, berry compote & vanilla mascarpone

GRANOLA BOWL (GF · V) - 14.9
homemade granola served with yoghurt,
fresh strawberries and banana

ACAI BOWL (GF) - 16.9
made with acai and goji berries, mixed berries,
coconut water and protein powder;
topped with fresh apple, banana, strawberries, kiwi,
homemade granola, hazelnut & coconut flakes

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**FRESH
FRUIT SALAD**

..... \$10.9

SUPA PANCAKES (V) - 16.5
served with vanilla ice-cream, maple syrup, strawberries & banana

EGGS YOUR WAY (V) - 11.9
fried, poached or scrambled served on toasted bread

CHILLY SCRAMBLED MESS (V) - 20.9
Scrambled eggs, red chilli, red onion,
spring onion, rocket, spinach, Parmesan cheese,
served with toasted bread

YOUR EGGS BENNY - 20.9
English muffin, poached eggs,
homemade hollandaise sauce & your choice of:
grilled bacon / smoked salmon / sauteed spinach / ham

...MORE OPTIONS ON THE NEXT PAGE





ALL DAY BREAKFAST

FROM 7AM TO 2PM

OMELETTE - 17.5

ham, cheese & tomato omelette served with toasted bread

AVOCADO STACK (V) - 22.5

smash avocado, zucchini bread, poached egg,
Persian feta, rocket, cherry tomato & lemon oil

SUPA NTRAL BREAKFAST - 23.9

two eggs **your way** with mushroom, roasted tomato,
sauteed spinach, hash brown, bacon & sausage on toasted bread

VEGETARIAN BREAKFAST (V) - 23.9

two eggs **your way** with mushroom,
roasted tomato, sauteed spinach, hash brown,
smash avocado on toasted bread

ADD SOMETHING EXTRA TO YOUR BREAKFAST:

hollandaise sauce +2 / free range egg (1) +3

gluten free bread / english muffin +3

mushroom / sauteed spinach / roasted tomato / hash brown +4

bacon / salmon / sausage / smash avocado +5

LITTLE ONES MENU



KIDS PANCAKE - 12.9

Pancake served with a scoop of vanilla ice cream
& **your choice of topping:**
fresh banana / fresh strawberries / Nutella / maple syrup

CHEESE TOASTIE - 6.9

EGG ON TOAST - 8.9

1 poached, fried or scrambled egg
on toasted bread

NUGGETS & CHIPS - 11.9

4 pieces of chicken nuggets served with chips

LUNCH

FROM 12PM TO 2PM



BOWL OF CHIPS (V) - 9.0
served with tomato sauce

CHICKEN SALAD (GF · DF) - 23.9
Grilled chicken breast stripes served with mixed lettuce,
cherry tomato, capsicum, avocado & dressing

CAESAR SALAD - 23.9
Lettuce, croutons, bacon, grilled chicken strips,
shaved Parmesan, anchovies & mayo dressing
Add one boiled egg +3

CALAMARI SALAD - 23.9
Lightly fried calamari rings
served with rocket & cherry tomato

FLATHEAD & CHIPS - 21.9
with aioli sauce and side salad

CHICKEN PARMIGIANA - 26.9
Crumbed chicken schnitzel covered with Napoli sauce,
melted mozzarella served with chips & mixed salad

CHICKEN SCHNITZEL - 20.9
Crumbed chicken schnitzel
served with chips & mixed salad

SUPA BURGER - 22.9
Grilled beef burger, cheese, lettuce, tomato,
sauteed onion, aioli sauce, served with chips



FOOD ALLERGY NOTICE

Please be advised that food prepared here on the premises may contain these ingredients:
milk, eggs, wheat, soybean, peanuts, tree nuts, fish and shellfish.

IF YOU HAVE ANY SPECIFIC ALLERGY PLEASE LET US KNOW

GF = gluten free friendly / DF = dairy free friendly / V = vegetarian friendly / VG = vegan friendly

No substitutions or changes on menu during busy times, sorry :)