

FROM 7AM TO 3PM  
**ALL DAY BREAKFAST**

**TOAST WITH SPREADS (V) - 7.9**  
 sourdough or multigrain toasted bread, served with  
**your choice of:** jam, Nutella, Vegemite, butter or peanut butter  
 (GF bread +4)

**FRUIT TOAST (V) - 9.9**  
 with vanilla mascarpone and honey

**BRIOCHE FRENCH TOAST (V) - 17.5**  
 with poached pear, maple syrup & vanilla mascarpone,  
 garnished with mixed berries

**SUPA GRANOLA BOWL (V - CN) - 16.5**  
 homemade granola served with coconut yoghurt,  
 peanut butter mousse, seasonal fresh fruits,  
 caramelized mixed nuts & seeds

**BERRIES PANCAKES (V - CN) - 19.5**  
 served with mixed berries coulis, vanilla mascarpone,  
 fresh mixed berries, garnished with  
 caramelized mixed nuts & maple syrup

**EGGS YOUR WAY (V) - 13.9**  
 fried, poached or scrambled eggs  
 served on toasted bread

**CHILLY SCRAMBLED MESS (V) - 23.9**  
 scrambled eggs, red chilli, red & spring onion,  
 rocket, spinach, Parmesan cheese,  
 served on toasted bread

**YOUR EGGS BENNY - 23.5**  
 English muffin, poached eggs,  
 homemade hollandaise sauce & your choice of:  
**grilled bacon / sauteed spinach / ham**

**OMELETTE - 19.5**  
 served with toasted bread, your choice between:  
 • ham, cheese & tomato  
 • cheese, spinach & mushrooms

**BEEF CHEEK WAFFLE - 22.9**  
 slow cooked beef cheek served on waffle with  
 homemade hollandaise sauce, braised shallots,  
 green apple & poached egg

**AVOCADO STACK (V) - 23.5**  
 homemade zucchini bread topped with smash avocado,  
 poached egg, Persian feta, rocket, cherry tomato & lemon oil

**SUPA NTRAL BREAKFAST - 25.9**  
 two eggs **your way** with mushroom, roasted tomato,  
 sauteed spinach, hash brown, bacon & sausage  
 served on toasted bread

**ADD EXTRA  
 TO YOUR BREAKFAST**

Free range egg **+4ea** / Hollandaise sauce **+3.5**

Slice of bread **+2** / Gluten free bread **+4** /  
 Zucchini bread **+4** / Hash brown **+4**

Cherry tomatoes **+3.5** / Spinach **+4** / Mushrooms **+4**

Sausage **+5** / Grilled chicken **+6** / Bacon **+6**  
 Avocado **+6** / Halloumi **+6** / Smoked salmon **+8**

**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 ~ CN = contains nuts

**NO SUBSTITUTIONS OR CHANGES ON MENU DURING BUSY TIMES, SORRY**



FROM 7AM TO 3PM  
**SNACK & PANINI**

**BOWL OF CHIPS (V) - 11**  
 served with tomato sauce

**SWEET POTATOES WEDGES (V) - 13**  
 served with sour cream & chilli oil

**STEAK PANINO - 23.5**  
 lightly grilled porterhouse steak, salsa verde,  
 braised shallots, mixed lettuce, melted scamorza cheese &  
 tomato on toasted ciabatta bread

**MEATBALLS PANINO - 19.5**  
 Italian beef meatballs slowly cooked in Napoli sauce served on  
 toasted ciabatta bread, topped with grated Parmesan & basil oil

**TUNA TOASTIE - 20.9**  
 melted tuna & mozzarella cheese toastie, with mayo, pickles,  
 pickled onions, capers & spring onion served with chips

FROM 12PM TO 3PM  
**LUNCH**

**CHICKEN SALAD (GF - DF) - 24.9**  
 grilled chicken breast stripes served with mixed lettuce,  
 cherry tomatoes, capsicum, avocado & dressing

**FLATHEAD & CHIPS - 22.9**  
 served with aioli sauce & side of salad

**CHICKEN PARMIGIANA - 27.9**  
 crumbed chicken schnitzel covered with Napoli sauce &  
 melted mozzarella, served with chips & mixed salad

**CHICKEN SCHNITZEL (DF) - 21.9**  
 crumbed chicken schnitzel served with chips & mixed salad

**SUPA BURGER - 25.9**  
 homemade grass fed beef pattie with cheese,  
 lettuce, tomato, caramelised onion & aioli sauce,  
 served with chips

REGULAR 10.5 / LARGE 11.5

**FRESH JUICES**

**IMMUNE ME**  
 orange ~ carrot ~ ginger ~ lemon

**VEGGIE BOOSTER**  
 carrot ~ celery ~ beetroot ~ apple ~ ginger

**FRENCH KISS**  
 watermelon ~ apple ~ strawberries ~ lime

**DRINK YOUR GREENS**  
 pear ~ apple ~ spinach ~ kiwi ~ ginger ~ lime

**TROPICAL PARADISE**  
 pineapple ~ orange ~ passion fruit

**CREATE YOUR OWN JUICE**

**1. CHOOSE YOUR BASE**  
 apple ~ orange ~ pineapple ~ carrot  
 watermelon ~ coconut water

**2. ADD ON:**  
 beetroot ~ celery ~ passion fruit  
 pear ~ strawberries ~ spinach ~ kiwi  
 ginger ~ lime ~ lemon

**3. ENJOY!**

**SMOOTHIES**

REGULAR 10.9 / LARGE 11.9

**ESPRESSO KICK**  
 banana ~ raw cocoa ~ espresso shot  
 oats ~ low fat milk ~ vanilla ice cream

**BANANA BEACH**  
 banana ~ spice chai tea ~ honey ~ chia seeds  
 dates ~ vanilla ice cream ~ low fat milk

**TROPICAL GREEN (VEGAN)**  
 banana ~ mango ~ spinach ~ chia seeds ~ coconut water

**MANGO MAGICIAN (DAIRY FREE)**  
 mango ~ mango sorbet ~ mango nectar  
 passion fruit ~ goji berries

**BERRY DREAM**  
 mixed berries ~ goji berries  
 mixed berries sorbet ~ coconut water

**COCO SORBET (VEGAN)**  
 mixed berries ~ banana  
 chia seeds ~ coconut yoghurt ~ coconut water

