

Food

Breakfast (served 10 - 12)

Eggs on toast (scrambled, poached or fried) (v)	8
Mushrooms on toast (spinach or creamy garlic) (v/vgn)	10
Bacon sandwich	9

Lunch (served 12 - 3)

Burrito bowls

Brown rice, refried beans, avocado, fresh tomato salsa, spinach, coriander lime dressing (vgn, gf)	13
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+ choose your topping

Cajun chicken / sweet potato / halloumi

Toasties / wraps

Cheddar & mozzarella toastie (v)	9
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BLT	10
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Brie, bacon, caramelised onion	12
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Halloumi wrap, spicy tomato salsa, crunchy house-slaw	12
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Sweet potato wrap, hummus, tomato salsa, pickled radish (vgn)	12
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Quiche / Frittata of the day (v)	7
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Soup of the day (vgn, gf) / add fresh sourdough 1	7
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Vegan roll harissa sweet potato, chick pea (vgn)	6
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Sausage roll pork, sage, chilli	6
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Pineapple, banana, spinach, mint, coconut milk smoothie (vgn,gf)	6
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Blueberry, banana, almond butter, oat milk smoothie (vgn)	6
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See our specials board for daily specials

Gluten free options available