Breakfast

Eggs on Toast 55

Two eggs your way on toast



Country Breakfast 95

Two eggs, halloumi, mushroom, balsamic tomatoes and avocado with toast and chips

Smokey Breakfast Bun 70

Smokey macon, fried egg, caramalised onion and cheddar with a nibble of fries

Smashed avo on toast 75

topped with toasted coconut flakes and seed mix

two slices of toast

Toast Breakfast 95

Two eggs, grilled mushroom, grilled tomato and fries, with toast
• Your choice between macon or lamb sausage •

Toast Omelette 104

Three eggs served with toast

· Cheddar, mushroom, macon, tomato & chilli ·

Salmon Scrambles 120

Three eggs on toast, smoked salmon, cream cheese and avocado

ADD ON

Slice of bread 10

Extra egg 11

Cheddar/Mushroom/Feta/Mozarella/Avo/Olives/Roasted/Tomato

IOAS

Lamb macon 38

Lamb Sausage 32

Smoked salmon 55

Smoothies and granola

Berry banana smoothie 65

mixed berry and banana

Go get em smoothie 60

Banana, milk, chocolate, honey, coffee

Office bowl 70

Yoghurt, fresh seasonal fruit, dates, granola and a dusting of dukkah spice



Express Toast

BALANCE 50

Smashed avocado on one slice of toast and one poached egg

CRUNCH 50

Peanut butter toast with granola, fruit pieces and honey

COOL 65

Cream cheese slathered toast with smoked salmon and a slice of lemon

FRESH 50

• on one slice of toast •

Baguettes

4126-Roast Beef Baguette 115

Cold cut roast beef slices, cheese, jalapeno, caramalised onion, peppadew and honey mustard mayo

4127 115

Grilled chicken, spicy feta, avo, fresh greens 345 Steak 125

Seared steak strips, cheese, jalapeno, caramalised onion, peppadew and honey mustard mayo

345 Loaded 138

345 Steak Baguette with salami and masala chips

Burgers

Chicken burger 80

lettuce, tomato, cabbage slaw, slice of cheese, gherkins, jalapeno Served with a nibble of fries

- Crispy sesame crumbed chicken
- Grilled Portuguese
- Grilled Tikka

Bagels

Bagel Roll: A light fluffy roll with the shape of a bagel

Dark Seeded or White

4001- Egg bagel 80 boiled egg, lettuce, mayo, rocket, salt, pepper

4068- Cajun chicken 115 avo, cream cheese and jalapeno

4070- Smoked Salmon 160

cream cheese and rocket on seeded bagel

Sandwiches

White; Brown Or Sourdough Toast cheese cheese & tomato Grilled Greek



52

69

Roasted pepper, moz<u>arell</u>a, feta, olive and rocket

Chilli shroom

Cheese, mushroom, aubergine, onion and chilli

Pastrami and cheese 69

Pastrami, cheese, caramalised onion, honey mustard mayo

Peri chicken and mayo 4091- Toasted steak

Shredded steak, chips, cheese, sauce, salami
4092- Crispy chicken sandwich
104

Crumbed chicken, fresh greens, slice of cheese, jalapeno, peri mayo

Salads

Grilled chicken and pineapple

Portuguese chicken strips, pineapple, avocado, feta

Grilled steak

strips with avocado and peppadew



125

125





