

<b>Organic Sourdough Toast</b> from The Woodfired Baker White or Wholemeal served with Vegemite, peanut butter or homemade jam	8
<b>Fruit Toast</b>	9
<b>Gluten Free Toast</b>	9
<b>House Made Toasted Granola</b> Yoghurt, rhubarb and raspberry compote, fresh fruit (V) + full cream, skim, oat, almond, bonsoy milk	16 +1/2
<b>Acai Smoothie Bowl</b> Acai berry, banana and strawberries with housemade granola, coconut flakes and fresh fruit (Ve, Gfo) + peanut butter	18 +2.5
<b>Coconut Chia Pudding</b> Strawberries, mandarin, floral mint tea syrup and berry coulis (Ve, Gf)	16
<b>Free Range Eggs on Toast</b> Fried, poached or scrambled (+\$1) with wholemeal sourdough  OR  white sourdough See our extras to 'build your own' breakfast	14
<b>Honey Joy Pancakes</b> Short stack of pancakes with honey joy crumble, vanilla ice-cream & hotcake maple syrup (V) + Bacon	20 +6.5
<b>Sriracha Chilli Scrambled Eggs</b> with feta, fresh chilli, coriander and black sesame on sourdough toast (V, Gfo) + Bacon	21 +6.5
<b>Smashed Avocado and Peas</b> Whipped ricotta, rocket, poached eggs, sumac on sourdough toast (Gfo, V) + Bacon + Potato Rosti Hashbrowns	20 +6.5/6
<b>Breakfast Burrito Bowl</b> Slow cooked pork and white beans, zesty guacamole, charred corn and tomato salsa, asadero cheese, crispy housemade tortilla chips and a fried free range egg + Potato Rosti Hashbrowns	24 +6
<b>Breakfast Burger with Free Range Smoked Bacon</b> Free range fried egg, free range bacon, American cheddar, and a HR's pork & apple sausage patty, with house made tomato relish on a brioche bun (Gfo) + Potato Rosti Hashbrowns	19 +6

<b>Roasted Cauliflower and Tahini Salad</b> Tahini roasted cauliflower with hummus, poached egg, housemade zucchini pickles, chickpeas and dukkah (Gf, V) + Bacon	21 +6.5
<b>Benedict Eggs</b> House made hollandaise and poached eggs on toasted turkish bread with Karri smoked bacon  OR  Sauteed mushrooms (V)	24
<b>Breakfast Gnocchi</b> Parisian gnocchi with a fried egg, mushrooms, sage and thyme butter (V) + Bacon + Hashbrowns	22 +6.5 / 6

<b>Dahl with Coconut Chilli Eggs</b> Indian split pea dahl, scrambled eggs, coconut sambal, black sesame and coriander with flakey roti bread (V, Ve, Gfo)	22
<b>Barramundi and Chips</b> Grilled crispy skin on barramundi fillet with salsa verde, chips and salad	27
<b>HR's Chicken Burger</b> Crispy fried free range buttermilk chicken with housemade kimchi slaw, Sriracha mayo in a brioche bun with fries	23.9

<b>Double Beef Burger</b> Two beef patties, bacon, American cheese, BBQ sauce, mixed greens on a brioche bun served with chips	23.9
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<b>Roast Pumpkin Quiche</b> with caramelised onion and feta (V) and side green salad	14.5
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<b>Bowl of Fries</b> Regular \$8 Large \$12.50 Garlic Aioli   Housemade tomato Ketchup   BBQ sauce	
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<b>EXTRAS / BUILD YOUR OWN BREAKFAST</b>			
Free Range Egg	3	Feta	4
House made Hollandaise	4	HR's pork sausage patty	4
Sauteed Spinach	5	Avocado	5
Potato Rosti Hashbrowns	6	Roasted Tomatoes	5
Free Range Bacon	6.5	Pan-fried Mushrooms	6

<b>FOR YOUR LITTLE RAYE OF SUNSHINE</b>	
Egg on toast: fried, poached or scrambled (+1)	8.5
Vegemite & Cheese Toastie	8
Chocolate Banana Bread	7.5

<b>BAKED COOKIE SKILLET</b> (Please allow 15 minutes baking time)	12
Choc chip cookie with a scoop of vanilla ice-cream  OR  Cinnamon scroll cookie, cream cheese frosting & vanilla ice-cream	

## HOT DRINKS

<b>Milk Coffee</b>  OR  <b>Long Black</b>	<b>Sml 4.5 Lrg 5</b>
+ Extra shot	+0.5
<b>Espresso</b>   <b>Short Mac</b>	3.5
+ Oat   Almond   Soy   Lactose Free   Coconut	+0.8
<b>Mocha</b>	<b>Sml 5.2 Lrg 5.7</b>
<b>Hot Chocolate</b>	<b>Sml 4.8 Lrg 5.2</b>
+ Peanut Butter	+1
<b>Baby Chino</b>	1.5

<b>Prana Chai Latte</b>   with Bonsoy Milk	6.5
<b>Dirty Chai</b>   one shot of espresso	7
<b>Filthy Chai</b>   two shots of espresso	7.5
<b>Chocolatey Chai</b>   shot of chocolate	7
<b>Bounty Hot Chocolate</b>   Milklab coconut milk	6.5
<b>Red Velvet Hot Chocolate</b>   Beetroot and Ginger	6.5
<b>Ayurveda Turmeric Latte</b>   Milklab coconut milk	6.5

<b>Tea for one or two</b>   <b>Loose leaf tea</b>	<b>For one 5</b>
English Breakfast	Earl Grey
Peppermint	Chamomile
Fruitalicious	Sencha Green
Lemongrass & Ginger	
	<b>For two 7</b>

<b>COLD DRINKS</b>	<b>COLD PRESSED JUICES</b>	8.5
Cold brew	<b>Reg 5.5 Lrg 6.5</b>	<b>Red Roots</b>
Iced latte	6	Apple, Carrot, Beetroot & Ginger
Iced Coffee	6.5	<b>Green Boost</b>
Iced Chocolate	6.5	Kale, Pear, Zucchini, Ginger & Lemon
Iced Mocha	7	<b>Straight Orange</b>
Iced Chai   with Bonsoy	7	
Fruitalicious Iced Tea	5.5	
Coke, Coke Zero & Sprite	5	

## SMOOTHIES 9.5

<b>BERRY</b> Raspberries, strawberries, blueberries, banana, cacao, honey, natural yoghurt and milk	<b>BANANA</b> Banana, coconut, dates, peanut butter, cinnamon, honey, Himalayan salt and milk and milk
Bonsoy, almond or oat	Shot of Espresso +2 Prana salted caramel protein +3

## SHAKES 7.5 Kids 4.5

Cookies 'n' Cream	Chocolate Malt
Vanilla Malt	Strawberry