

<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> from Mary Street Bakery	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>Breakfast Gnocchi</b> Parisian gnocchi with a fried egg, mushrooms, sage and thyme butter (V) + Bacon + Hashbrowns	22 +6.5 / 6
<b>*NEW* Sriracha Chilli Scrambled Eggs</b> with feta, fresh chilli, coriander and black sesame on sourdough toast (V, Gfo) + Bacon	21 +6.5
<b>Dahl with Coconut Chilli Eggs</b> Indian split pea dahl, scrambled eggs, coconut sambal, black sesame and coriander with flakey roti bread (V, Veo, Gfo)	22
<b>Benedict Eggs</b> House made hollandaise and poached eggs on toasted turkish bread with Karri smoked bacon  OR  Sauteed mushrooms (V)	24
<b>Pea and Avocado Smash on Seeded Toast</b> Whipped ricotta, rocket, poached eggs, sumac on seeded sourdough toast (Gfo, V) + Bacon + Potato Rosti Hashbrowns	20 +6.5/6

<b>Roasted Cauliflower and Tahini Salad</b> Tahini roasted cauliflower with hummus, poached egg, housemade zucchini pickles, chickpeas and dukkah (Gf, V) + Bacon	20 +6.5
<b>Honey Joy Pancakes *only available on weekends*</b> Short stack of pancakes with honey joy crumble, vanilla ice-cream & hotcake maple syrup (V) + Bacon	20 +6.5
<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>HR's BLT</b> Karri-smoked free range bacon with tomato, gem lettuce caramelised onions, and garlic aioli on Turkish bread with fries and house made tomato ketchup Make it a BLAT + Add Avocado	24 +5
<b>Roast Pumpkin Quiche</b> with caramelised onion and feta (V) + side salad	12.5 +6
<b>Daily Salad</b> Please ask our staff for today's delicious daily salad	11.5
<b>Bowl of Fries</b> Regular \$8 Large \$13 Garlic Aioli   Housemade tomato Ketchup   BBQ sauce	
<b>EXTRAS / BUILD YOUR OWN BREAKFAST</b>	
Free Range Egg	3
House made Hollandaise	4
Sauteed Spinach	5
Potato Rosti Hashbrowns	6
Free Range Bacon	6.5
Feta	4
HR's pork sausage patty	4
Avocado	5
Roasted Tomatoes	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)	
Choc chip cookie with a scoop of vanilla ice-cream  OR  HR's funfetti vanilla cookie with vanilla ice-cream	12

<b>HOT DRINKS</b>	
<b>Milk Coffee</b>  OR  <b>Long Black</b> + Extra shot	<b>Sml 4.4 Lrg 5</b> +0.5
<b>Espresso</b>   <b>Short Mac</b> + Bonsoy   Milklab Almond   Lactose Free   Oatly	3.5 +0.8
<b>Mocha</b> <b>Hot Chocolate</b> + Peanut Butter	<b>Sml 5.2 Lrg 5.7</b> <b>Sml 4.5 Lrg 5</b> +0.5
<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>Chocolate 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   Loose leaf tea</b>	
English Breakfast	Earl Grey
Peppermint	Chamomile
Fruitalicious	Sencha Green
Lemongrass & Ginger	
<b>For one</b>	<b>For two</b>
	5
	7
<b>COLD DRINKS</b>	
Cold brew	Reg 5.5 Lrg 6.5
Iced latte	6
Iced Coffee	6.5
Iced Chocolate	6.5
Iced Mocha	7
Iced Chai   with Bonsoy	7
Fruitalicious Iced Tea	5.5
Boylan Cane Cola	6
Coke, Coke Zero & Sprite	5
<b>JUICES</b>	
<b>Pink</b> Watermelon, Strawberry and mint	8.5
<b>Orange</b> Orange, Carrot and Ginger	
<b>SMOOTHIES</b>	
<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
Bonsoy, almond or oat	Shot of Espresso +2 Prana salted caramel protein +3
<b>SHAKES</b>	
Cookies 'n' Cream	Chocolate Malt
Vanilla Malt	Strawberry
<b>Kids 4.5 Lrg 7.5</b>	