

# FOOD

<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	16 1/2
<b>Free Range Eggs on Toast</b> Fried, poached or scrambled (+\$1) with wholemeal sourdough [OR] white sourdough	14
<b>Acai Smoothie Bowl</b> Acai berry, banana and strawberries with housemade granola, coconut flakes and fresh fruit (Ve, Gfo) + Peanut butter	18 +2
<b>Chai Spiced Porridge</b> Chai spiced oats, poached cinnamon pears, flaked almonds, dates and honey +Oat, almond or soy milk	16 +2
<b>Breakfast Gnocchi</b> Parisian gnocchi with bacon, mushroom, sage and thyme butter and a fried egg (Vo) + Hashbrowns	22 +6
<b>Chilli Scrambled Eggs</b> with feta, fresh chilli, red onion, coriander and black sesame on sourdough toast (V, Gfo) + Bacon	21 +6.5
<b>Breakfast Burger with Free Range Karri Smoked Bacon</b> Free range egg, American cheddar, house made tomato relish, brioche bun (Gfo) +Hashbrowns	18 +6
<b>Smashed Pea and Avocado Toast</b> Whipped ricotta, rocket and poached eggs on sourdough toast (Gfo, V) + Bacon + Potato Rosti Hashbrowns	19 +6
<b>Benedict Eggs</b> Karri smoked free range bacon with house made hollandaise and poached eggs on toast	24

<b>Roast Pumpkin Quiche</b> with caramelised onion and Feta + side salad	12.5 +6
<b>Toasted Sandwich</b> Cheese & tomato with Ham [OR] Caramelised Onion	11
<b>Daily Salad</b> Please ask our staff for today's delicious daily salad	11.5
<b>Sweet Potato Fritters</b> Kale Chips, house-made beetroot hummus, rocket, fresh red chilli and a poached egg (Gf, V) + Bacon	20 +6.5
<b>Breakfast Burrito Bowl</b> Slow cooked spicy pork and potato, tomato salsa, avocado, coriander, fried egg and a cheesy quesadilla	24
<b>Dahl with Coconut Chilli Eggs</b> Indian split pea dahl, coconut sambal, black sesame and coriander with flakey roti bread (V, Veo, Gfo)	22
<b>HR's BLT</b> Karri-smoked free range bacon with housemade smoky bbq sauce, caramelised onion, beetroot relish, tomato on turkish bread with hand cut fries and housemade tomato ketchup + Avocado	24 +5
<b>Bowl of Fries</b> Garlic Aioli   Jalapeno Aioli   Tomato Ketchup	12
<b>BAKED COOKIE SKILLET</b> (Please allow 15 minutes)	12.5
Choc chip cookie with vanilla ice-cream [OR] HR's funfetti vanilla cookie with vanilla ice-cream	
<b>FOR YOUR LITTLE RAYE OF SUNSHINE</b>	
Egg on toast: fried, poached, scrambled (+1)	8.5
Vegemite & Cheese Toastie	8
Chocolate Banana Bread	7
<b>EXTRAS / BUILD YOUR OWN BREAKFAST</b>	
Extra Free Range Egg	3
Housemade Hollandaise	4
Potato Rosti Hashbrowns	6
Sauteed Spinach	5
Free Range Karri-Smoked Bacon	6.5
Pan-Fried Mushrooms	6
Avocado	5
Feta	4
Roasted Tomatoes	5

# DRINKS

## HOT DRINKS

<b>Milk Coffee   Black</b>	Sml 4.4	Lrg 5
+ Extra shot		+ 0.5
<b>Espresso   Short Mac</b>		3.5
+ Bonsoy   Milkclub almond   Lactose free   Oatly		+ 0.8
<b>Mocha</b>	Sml 5.2	Lrg 5.70
<b>Hot Chocolate</b>	Sml 4.5	Lrg 5
+ Peanut Butter		+ 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>Chocolatey Chai</b>   Shot of chocolate		7
<b>Bounty Hot Chocolate</b>   Milkclub coconut milk		6.5
<b>Red Velvet Hot Chocolate</b>   Beetroot and ginger		6.5
<b>Ayurveda Tumeric Latte</b>   Coconut milk		6.5
<b>Tea for one or two   T2 loose leaf tea</b>		5/7
English Breakfast   Earl Grey		
Peppermint   Chamomile		
Fruiticious   Sencha Green		
Lemongrass & Ginger		

## COLD DRINKS

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 Ginger Ale / Cola		6
Coke, Coke Zero & Sprite		5

## JUICES Housemade 8.5

<b>Pink</b>	Watermelon, strawberry and mint
<b>Orange</b>	Orange, Carrot and Ginger

## ANTIPODES WATER

Sparkling	500ml	5	1L	9
Still		500ml		5

## SMOOTHIES 9.5

### BERRY

Raspberries, strawberries, blueberries, banana, cacao, honey, natural yoghurt and milk

Bonsoy, almond or oat +2

### BANANA

Banana, coconut, dates, Peanut butter, cinnamon, honey, himalayan salt and milk  
Shot of espresso +2  
Prana salted caramel protein +3

## SHAKES

Kids 4.5 Lrg 7.5

Cookies 'n' cream  
Vanilla Malt

Chocolate Malt  
Strawberry