

FOOD

Organic Sourdough Toast from the Woodfired Baker White or wholemeal served with vegemite, peanut butter or homemade jam	8
Fruit Toast	9
Gluten Free Toast from Mary Street Bakery	9
House Made Toasted Granola Yoghurt, rhubarb and raspberry compote, fresh fruit (V) + full cream, skim, oat, almond, bonsoy	16 1/2
Free Range Eggs on Toast Fried, poached or scrambled (+\$1) with wholemeal sourdough OR white sourdough	14
Acai Smoothie Bowl Acai berry, banana and strawberries with housemade granola, coconut flakes and fresh fruit (Ve, Gfo) + Peanut butter	18 +2
Chai Spiced Porridge Chai spiced oats, poached cinnamon pears, dates and honey Oat, almond or soy milk	16 +2
Breakfast Gnocchi Parisian gnocchi with bacon, mushroom, sage and thyme butter and a fried egg (Vo) + Hashbrowns	22 +6
Honeycomb Banana Pancakes Short stack of pancakes, bruleed caramel bananas, housemade honeycomb, hotcake maple syrup and vanilla icecream + Bacon	20 +6.5
Chilli Scrambled Eggs with feta, fresh chilli, red onion, coriander and black sesame on sourdough toast (V, Gfo) + Bacon	21 +6
Breakfast Burger with Free Range Karri Smoked Bacon Free range egg, cheddar, house made tomato relish, brioche bun (Gfo) + Hashbrowns	18 +6
Smashed Pea Avocado Whipped ricotta, rocket and poached eggs on sourdough toast (Gfo, V) + Bacon + Potato Rosti Hashbrowns	19 +6
Benedict Eggs Karri smoked free range bacon with house made hollandaise and poached eggs on toast	24

Gf Gluten Free V Vegetarian Vo Vegetarian Option
Gfo Gluten Free Option Ve Vegan Veo Vegan Option

Roast Pumpkin Quiche with caramelised onion and Feta + side salad	12.5 +6
Toasted Sandwich Cheese & tomato with Ham OR Caramelised Onion	11
Daily Salad Please ask our staff for today's delicious daily salad	11.5
Sweet Potato Fritters Kale Chips, house-made beetroot hummus, rocket, fresh red chilli and a poached egg (Gf, V) + Bacon	20 +6
Breakfast Burrito Bowl Slow cooked spicy pork and potato, tomato salsa, avocado, coriander, fried egg and a cheesy quesadilla	24
Dahl with Coconut Chilli Eggs Indian split pea dahl, coconut sambal, black sesame and coriander with flakey roti bread (V, Veo, Gfo)	22
HR's BLT 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
Bowl of Fries Garlic Aioli Jalapeno Aioli Tomato Ketchup	12
BAKED COOKIE SKILLET (Please allow 15 minutes)	12.5
FOR YOUR LITTLE RAYE OF SUNSHINE	
Egg on toast: fried, poached, scrambled (+1)	8.5
Vegemite & Cheese Toastie	8
Chocolate Banana Bread	7
EXTRAS / BUILD YOUR OWN BREAKFAST	
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 with house made pesto	6
Avocado	5
Feta	4
Roasted Tomatoes	5

Mon Tue Wed Thu Fri Sat Sun
Closed 730-2 730-2 730-2 730-2 8-2 8-2

DRINKS

HOT DRINKS

Milk Coffee Black	Sml 4.2 Lrg 4.80
+ Extra shot	+ 0.5
Espresso Short Mac	3.5
+ Bonsoy Milkclub almond Lactose free Oatly	+ 0.8
Mocha	Sml 5 Lrg 5.50
Hot Chocolate	Sml 4.5 Lrg 5
+ Peanut Butter	+ 0.5
Baby Chino	1.5
Prana Chai Latte with Bonsoy Milk	6
Dirty Chai One shot of espresso	6.5
Filthy Chai Two shots of espresso	7
Chocolatey Chai Shot of chocolate	6.5
Bounty Hot Chocolate Milkclub coconut milk	6
Red Velvet Hot Chocolate Beetroot and ginger	6
Ayurveda Tumeric Latte Coconut milk	6
Tea for one or two T2 loose leaf tea	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
Iced Mocha	6.5
Iced Chai with Bonsoy	6.5
Fruitalicious Iced Tea	5.5
Boylan Soda	6

JUICES Housemade 8.5

Pink	Watermelon, strawberry and mint
Orange	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

Cookies 'n' cream
Vanilla Malt

Kids 4.5 Lrg 7

Chocolate Malt
Strawberry

Coffee by Micrology
Small Batch Coffee Roasters

Organic sourdough bread
from The Wood Fired Baker