

# BREAKFAST

7am - 11.30am

<b>MAPLE PORRIDGE</b> Almond milk soaked oats, spices, fresh banana, blueberries, seeds, dried cranberries + maple syrup (DF)(VG)	18.9	<b>BLUE SWIMMER CRAB OMELETTE</b> Coconut ginger rice, miso sauce, shallots + crunchy puffed wild rice (GF)(DF)	26.5	<b>BANANA BREAD</b> Toasted + whipped biscoff ricotta	9.9
<b>GRANOLA WITH PANNACOTTA</b> Baked oats, toasted coconut, nuts, seeds, berries + honey pannacotta	18.5	<b>FULL BREAKFAST</b> Scrambled eggs, free range bacon, baby spinach, roasted tomatoes, seasonal mushroom + sourdough (DF) (GF option available)	25	<b>TWO SLICES OF TOAST</b> With butter and preserves (strawberry jam, marmalade, vegemite, peanut butter, nutella) Available in white sourdough, seeded rye, fruit or gluten free	8.9
<b>BREAKFAST BRUSCHETTA</b> Cherry tomatoes, smashed avocado, salsa verde, radish, chive ricotta + poached eggs on seeded rye toast. (GF - DF options available)	24.9	<b>CHILLI SCRAMBLED EGGS</b> Roy Jr chilli sauce, cashew cream + sourdough (DF)(GF option available)	23.9	<b>EGGS ON TOAST</b> Free range eggs poached, scrambled or fried With sourdough, seeded rye or gluten free	15.9
<b>PESTO EGGS AND GOATS CHEESE</b> Poached eggs with cashew pesto, broccolini, roasted pepitas + goats cheese on seeded rye (GF - DF options available)	24.5	<b>BUTTERMILK WAFFLE</b> Coconut kaya sauce, mixed berries, passionfruit, berry coulis with a white chocolate, macadamia and coconut crumb	22.9	<b>SIDES</b> Free range bacon Halloumi Smashed avocado + lime Wilted spinach Eggs your way ( scrambled, fried, poached ) Seasonal mushrooms with fresh herbs Roasted tomatoes	6
<b>BEEF CROQUETTES</b> Slow cooked beef brisket croquette, sweet potato hummus, chilli jam, herb salad + poached eggs	24.9	<b>GOOD LIFE BOWL</b> Kale, spinach, broccolini, minted peas, quinoa, corn, avocado, halloumi, toasted nuts and seeds, turmeric vinaigrette + poached eggs (GF)(DF - VG options available)	23.9		

# LUNCH

from 11.30am

<b>PRAWN AND CRAB LINGUINE</b> With peas and pangrattato (DF option available)	29.5	<b>STEAK FRITES</b> 200 gr grass-fed Hanger steak served with chips, charred cos lettuce + béarnaise sauce (GF)	36.9	<b>BEEF CROQUETTES</b> Slow cooked beef brisket croquettes, sweet potato hummus, chilli jam , herb salad + poached eggs	24.9
<b>BEEF BURGER</b> Chargrilled grass fed Angus beef, cheese, lettuce, tomato, pickles, ketchup and burger sauce + chips (GF option available)	24.9	<b>GRILLED BARRAMUNDI</b> Coconut curry sauce with baby bokchoy + black sesame rice (GF,DF)	28.5	<b>SOBA BOWL</b> Soba noodles, soy glazed tempe, purple cabbage, bokchoy, edamame, avocado, red capsicum, pickled ginger, red radish and wonton crisps with a soy + yuzukosho dressing (DF)(VG)	24.9
<b>CHICKEN BURGER</b> Southern fried chicken with honey soy glaze, tomato, pickles, slaw + chips	24.9	<b>ROASTED CAULIFLOWER</b> Cauliflower, labneh, pickled eschalot, cranberries, dukkah, pistachio	23.9	<b>SOFT SHELL CRAB TACO</b> Cajun spiced soft shell crab, slaw, lime + jalapeno mayo (DF)	26.5
<b>PESTO EGGS AND GOATS CHEESE</b> Poached eggs with cashew pesto, broccolini, roasted pepitas + goats cheese on seeded rye (GF - DF option available)	24.5	<b>GOOD LIFE BOWL</b> Kale, spinach, broccolini, minted peas, quinoa, corn, avocado, halloumi, toasted nuts and seeds, turmeric vinaigrette + poached eggs (GF) (DF - VG option available)	23.9		

