

## ALL DAY BREAKFAST

COCONUT AND ORANGE CHIA PUDDING, MIXED BERRIES, HOUSE-MADE GRANOLA, RASPBERRY COULI (N,GF,DF) **16**

SEASONAL FRUIT AND TOASTED MUESLI WITH NATURAL YOGHURT (N) **15**

BREADS – SOURDOUGH, MICHE, SOY-LINSEED, OR PUMPKIN & BUCKWHEAT (GF) SERVED WITH EITHER JAM, MARMALADE, VEGEMITE, PEANUT BUTTER OR HONEY **7.50**

APRICOT & FIG FRUIT BREAD - MADE IN HOUSE (N) **9.50**

BANANA BREAD - MADE IN HOUSE **7.5**

RICOTTA HOTCAKES WITH STRAWBERRIES, BANANA AND MAPLE SYRUP **18**  
ADD A SIDE OF BACON OR ICE CREAM FOR **6 / 3**

TOMATO, CHEESE & SPINACH OMELETTE SERVED WITH TOASTED SOURDOUGH **18**  
ADD SMOKEY LEG HAM FOR **6**

ROAST FIELD MUSHROOM, BASIL, PINENUT & BULGARIAN FETA OMELETTE SERVED WITH TOASTED SOURDOUGH (N) **19**

EGGS - SCRAMBLED, POACHED, FRIED OR BOILED SERVED WITH TOASTED SOURDOUGH **13**

PEA AND HALOUMI FRITTERS WITH AVOCADO CREAM, SPICY TOMATO RELISH, PEA TENDRILS AND A SOFT EGG **18**  
ADD BACON OR SMOKED SALMON FOR **6 / 6.5**

CHORIZO BAKED EGGS WITH AN EGGPLANT-CAPSICUM SPICED TOMATO, SALSA VERDE, FETA, & ALMOND DUKKAH SERVED WITH TOASTED SOURDOUGH (N) **20.5**

'BREAKY BOWL' WITH TRUSS TOMATOES, HERB MUSHROOMS, SMASHED AVOCADO, MISO GREENS, HUMMUS AND SOFT EGG **18**

## SIDES

FIELD MUSHROOM **5**  
SLOW ROASTED TOMATO **5**  
SPINACH **5**  
AVOCADO **5**  
BACON **6**  
CHORIZO **6**  
SMOKY LEG HAM **6**  
HALOUMI **6**  
SMOKED SALMON **6.5**  
SMOKED TROUT **6.5**

## ALL DAY LUNCH

CHICKEN FINGER SANDWICHES (DF) **13**

GRILLED HALOUMI ON PANINI WITH AVOCADO, TOMATO, ROCKET, AIOLI & SALSA VERDE **10.5**

SMOKEY LEG HAM, TASMANIAN CHEDDAR, MUSTARD AIOLI & PEAR CHUTNEY ON CIABATTA **16**

ROAST CHICKEN, BASIL, AVOCADO, AIOLI, TOMATO RELISH & ROCKET ON CIABATTA (DF) **18**

SPICED ROASTED CAULIFLOWER SALAD WITH HONEY ROASTED CARROTS KALE, BARLEY, ALMOND DUKKAH & POMEGRANATE MOLASSES TAHINI YOGHURT (N) **22**  
ADD HALOUMI OR HERB SPICED CHICKEN FOR **6 / 7**

PUMPKIN SALAD WITH QUINOA, BABY BEETROOTS, FETA, SPINACH & HAZELNUTS **19**  
ADD HERB SPICED CHICKEN FOR **7**

## DAILY SPECIALS - SEE BLACKBOARD SELECTION

## HOT BEVERAGES

FLAT WHITE CAFÉ'S OWN BLEND BY PARADOX COFFEE ROASTERS  
SMALL **3.80** LARGE **4.50**

SOY, ALMOND, DECAF, EXTRA SHOT **0.30**

## CHA TEA PROVIDORES LOOSE LEAF TEA 5

ENGLISH BREAKFAST / EARL GREY / PEPPERMINT / GREEN / LEMONGRASS & GINGER

LOOSE LEAF CHAI TEA UNSWEETENED & STEEPED IN MILK **5.5**

## COLD BEVERAGES

'DAILY JUICE' - SEE BLACKBOARD **8**

APPLE OR ORANGE OR PINEAPPLE JUICE **6**

COKE OR DIET COKE **5**

COCONUT WATER **4.5**

THICKSHAKES - STRAWBERRY, CHOCOLATE, CARAMEL OR VANILLA **8**

ICED CHOCOLATE (MADE WITH ICE-CREAM) **7.5**

ICED COFFEE (MADE WITH ICE-CREAM) **7.5**

ANTIPODES SPARKLING OR STILL MINERAL WATER

{GF} - Gluten Free, {N} - Contains Nuts &/Or Seeds, {DF} - Dairy Free

No Split Bills - One Bill Per Table

10% Surcharge Applies On Saturday, Sunday & Public Holidays

Please Inform Staff Of Any Allergies

(500ML /1L) **7 / 12**