



FOOD MENU 1

WRAP/SANDWICHES

EGG MAYO CROISSANT	11
<i>Free-range eggs, mayonnaise, dill (NF)</i>	
HAM AND CHEESE CROISSANT	13
<i>Honey mustard ham, cheddar, honey mustard glaze (NF)</i>	
CHICKEN SHAWARMA	22
<i>Romaine lettuce, garlic, radish, tomato, red onion, tzatziki, flatbread, peri-peri sauce (NF, EF)</i>	
CHICKEN AVOCADO WRAP	22
<i>Free-range chicken, house-made mayonnaise, slaw, flour tortilla (DF, NF)</i>	
PARMA HAM	22
<i>Arugula, tomato, Parmesan, ciabatta (NF, EF)</i>	
BAKED EGGS	
SPINACH AND MUSHROOM FRITTATA	13
<i>Free-range eggs, cherry tomatoes, milk, feta (NF)</i>	
QUICHE FLORENTINE	16
<i>Spinach, leek, feta, Emmental, Comté, garlic (NF)</i>	

SALADS

RAINBOW SLAW	9
<i>Shaved cabbage, carrot, green apple, honey mustard dressing (V, DF, EF, NF)</i>	
ASPARAGUS AND WALNUT	9
<i>Parmesan, chilli flakes, balsamic glaze, breadcrumbs (V, EF)</i>	
SEASONAL GREENS	9
<i>Asparagus, snow pea, snap pea, orange zest, hazelnut oil (V, GF, DF, EF)</i>	
BROCCOLI	9
<i>Grapes, barley, sweet onions (V, GF, DF, EF)</i>	
ITALIAN CHICKPEA	9
<i>Japanese cucumber, capsicum, Kalamata olive, feta, chilli flakes, white wine vinaigrette (V, GF, NF, EF)</i>	
ROASTED EGGPLANT AND SWEET POTATO	9
<i>Pomegranate, cherry tomato, cumin, parsley, tahini (V, DF, GF, NF, EF)</i>	
DIPS	
BABA GANOUSH	4
<i>Roasted eggplant, pine nuts, pomegranate, tahini (V, DF, GF, NF, EF)</i>	
CHICKPEA HUMMUS	4
<i>Chickpeas, tahini, garlic, lemon juice (V, DF, GF, NF, EF)</i>	
TZATZIKI	4
<i>Cucumber, Greek yoghurt, garlic, mint (V, GF, NF, EF)</i>	
MEZZE PLATTER	15
<i>Trio of dips, crudités, crackers (V, GF, NF, EF)</i>	

VEGETABLES

PICKLED SQUASH	9
<i>Turmeric, chilli, ginger, sweet and sour sauce (V, DF, GF, NF, EF)</i>	
GRILLED MEDITERRANEAN VEGETABLES	9
<i>Asparagus, pumpkin, capsicum, zucchini, rosemary, garlic (V, DF, GF, NF, EF)</i>	
GRILLED ROOT VEGETABLES	9
<i>Carrot, sweet potato, jumbo asparagus, beetroot, onion (V, DF, GF, NF, EF)</i>	
ROASTED HISPI CABBAGE	9
<i>Pickled red onions, tamari glazed almonds, almond sauce (V, DF, EF)</i>	
PROTEIN	
BLACK PEPPER TOFU	9
<i>Green beans, scallions, pickled chilli (NF, EF)</i>	
SALMON CAKE	16
<i>Served with gribiche sauce, lemon wedge (NF)</i>	
ROASTED FREE-RANGE CHICKEN	17
<i>Lemon, rosemary (GF, NF, EF)</i>	
VEGETABLE LASAGNA	19
<i>Eggplant, zucchini, red pepper, pumpkin, kale (NF)</i>	
FREE-RANGE ROAST PORK	22
<i>Served with Dijon mustard (DF, GF, NF, EF)</i>	
ADD-ON:	
+5 Sourdough toast with organic butter /	
+5 Brown rice /	
+5 Hard-boiled eggs	

DESSERTS

GINGER CAKE	5
<i>Cinnamon, clove, free-range eggs (DF, NF)</i>	
BROWNIE	7
<i>70% dark chocolate, walnut, sea salt, free-range eggs</i>	
BANANA LOAF	8
<i>Walnuts, crème fraîche, free-range eggs (GF)</i>	
CHOCOLATE PUMPKIN CAKE	8
<i>70% dark chocolate, pumpkin purée, free-range eggs (DF, GF, NF)</i>	
ORANGE ALMOND CAKE	8
<i>Orange, almond flour, free-range eggs (DF, GF)</i>	
BLUEBERRY CRUMBLE BAR	8
<i>Lemon juice, almond flour, brown sugar, free-range eggs (GF, NF)</i>	
RASPBERRY PISTACHIO TART	12
<i>Almond frangipane, white chocolate, free-range eggs</i>	
GLUTEN-FREE BASQUE CHEESECAKE	13
<i>Cream cheese, free-range eggs (GF, NF)</i>	

ADD-ON:
+3 Frozen maple crème fraiche

WE USE FRESH,
NATURAL
ORGANIC AND
SUSTAINABLY
SOURCED
INGREDIENTS.

All prices include GST and are subject to 10% service charge.
This is a seasonal menu that changes every two weeks.
For more information, please enquire with the counter.

Allergens: V – Vegan DF – Dairy-Free GF – Gluten-Free NF – Nut-Free EF – Egg-Free



FOOD MENU 2

WRAP/SANDWICHES

EGG MAYO CROISSANT 11
Free-range eggs, mayonnaise, dill **(NF)**

HAM AND CHEESE CROISSANT 13
Honey mustard ham, cheddar, honey mustard glaze **(NF)**

CHICKEN SHAWARMA 22
Romaine lettuce, garlic, radish, tomato, red onion, tzatziki, flatbread, peri-peri sauce **(NF, EF)**

CHICKEN AVOCADO WRAP 22
Free-range chicken, house-made mayonnaise, slaw, flour tortilla **(DF, NF)**

ROASTED PORK 22
Pork loin, cucumber, coriander, carrot, tomato, honey mustard dressing, baguette **(DF, GF, NF, EF)**

BAKED EGGS

QUICHE FLORENTINE 16
Spinach, leek, feta, Emmental, Comté, garlic **(NF)**

BROCCOLI QUICHE 16
Free-range eggs, caramelised onions, Comté, Fontina **(NF)**

SALADS

RAINBOW SLAW 9
Shaved cabbage, carrot, green apple, honey mustard dressing **(V, DF, EF, NF)**

ASPARAGUS AND WALNUT 9
Parmesan, chilli flakes, balsamic glaze, breadcrumbs **(V, EF)**

SEASONAL GREENS 9
Asparagus, snow pea, snap pea, orange zest, hazelnut oil **(V, GF, DF, EF)**

BROCCOLI 9
Grapes, barley, sweet onions **(V, GF, DF, EF)**

SPICED SWEET POTATO 9
Capsicum, jalapeño, quinoa, black bean, pumpkin seed, apple maple vinaigrette **(V, DF, GF, NF, EF)**

MIXED LEAF SALAD 9
Leafy vegetables, lemon dressing **(V, DF, GF, NF, EF)**

DIPS

BABA GANOUSH 4
Roasted eggplant, pine nuts, pomegranate, tahini **(V, DF, GF, NF, EF)**

CHICKPEA HUMMUS 4
Chickpeas, tahini, garlic, lemon juice **(V, DF, GF, NF, EF)**

TZATZIKI 4
Cucumber, Greek yoghurt, garlic, mint **(V, GF, NF, EF)**

MEZZE PLATTER 15
Trio of dips, crudités, crackers **(V, GF, NF, EF)**

VEGETABLES

PICKLED SQUASH 9
Turmeric, chilli, ginger, sweet and sour sauce **(V, DF, GF, NF, EF)**

GRILLED MEDITERRANEAN VEGETABLES 9
Asparagus, pumpkin, capsicum, zucchini, rosemary, garlic **(V, DF, GF, NF, EF)**

ROASTED CORN RIBS 9
Garlic, paprika, butter, black pepper **(V, GF, NF, EF)**

GRILLED PADRON PEPPERS 9
Espelette pepper, tahini, olive oil, garlic, lemon juice **(V, DF, GF, NF, EF)**

PROTEIN

BLACK PEPPER TOFU 9
Green beans, scallions, pickled chilli **(NF, EF)**

CHICKEN POT PIE 16
Free-range chicken, carrot, celery, leek, rosemary, butter **(NF)**

ROASTED FREE-RANGE CHICKEN 17
Lemon, rosemary **(GF, NF, EF)**

BEEF LASAGNE 22
Carrot, celery, tomato purée, red wine, butter, Parmesan **(NF)**

ROASTED SIRLOIN 22
Served with mustard **(DF, GF, NF, EF)**

ADD-ON:
+5 Sourdough toast with organic butter /
+5 Brown rice /
+5 Hard-boiled eggs

DESSERTS

GINGER CAKE 5
Cinnamon, clove, free-range eggs **(DF, NF)**

SCONE 6
Free-range eggs, strawberries, butter, raw cane sugar **(NF)**

CHOCOLATE CHIP HAZELNUT MUFFIN 7
Hazelnut, cream fraiche, dark chocolate, free-range eggs

BANANA LOAF 8
Walnuts, crème fraîche, free-range eggs **(GF)**

CHOCOLATE PUMPKIN CAKE 8
70% dark chocolate, pumpkin purée, free-range eggs **(DF, GF, NF)**

ORANGE ALMOND CAKE 8
Orange, almond flour, free-range eggs **(DF, GF)**

GLUTEN-FREE BASQUE CHEESECAKE 13
Cream cheese, free-range eggs **(GF, NF)**

BLUEBERRY LEMON TART 15
Custard cream, blueberry compote, lemon frangipane, free-range eggs, almond flour **(NF)**

ADD-ON:
+3 Frozen maple crème fraiche

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