

Breakfast

SIT DOWN MENU | SERVED FROM 7:30AM - 12PM

SPRING HOTCAKE	18.5	COCONUT CHIA PUDDING	14.5
<i>with churned honeycomb butter, mascarpone, strawberry compote, pistachios, meringue tips & micro herbs (allow 10-15 minutes)</i>		<i>layered with strawberry coulis, fresh berries, nutty crumble</i>	
		DF, GF VEGAN	
MEDITERRANEAN PLATE	22	RAISIN & WALNUT TOAST	7.5
<i>with halloumi, corn fritters, poached eggs, sweet tomato & capsicum relish, crispy fried spiced chickpeas, avocado & nutty dukkah GF</i>		<i>2 slices with butter</i>	
		<i>add ricotta & honey</i>	+2
E&G BREKKIE	19.5	GRANOLA	15.5
<i>bacon, spinach, blistered truss tomatoes, your choice of eggs- poached, scrambled or fried on sourdough toast</i>		<i>our own house made organic muesli with toasted nuts, fresh berries, creamy natural yoghurt & milk. Substitutes: GF granola + \$1 coconut yoghurt + \$1 almond or soy milk + .50c</i>	
AVO-LANCHE	18.5	ACAI BOWL	15.5
<i>toasted sourdough atop with avocado, bacon, feta, rocket & lime</i>		<i>with fresh berries, banana, chia seeds, passionfruit & our house made granola</i>	
<i>add your choice of eggs</i>	+4		
BREAKFAST TACOS	18	BIRCHER MUESLI	13.5
<i>with chorizo sausage, scrambled eggs, chipotle aioli, smashed avocado, coriander, corn & lime salsa. 2 per serve</i>		<i>oats and chia seed bircher, with apple shards, yoghurt, passionfruit curd, toasted almonds and strawberry compote served in a breakfast glass</i>	
BACON & EGG PANINI	12	BREKKIE SIDES	4.5
<i>with your choice of sauce</i>		<i>avocado</i>	<i>hash browns</i>
EDMONDS GOURMET PANINI	18	<i>mushrooms</i>	<i>halloumi</i>
<i>with bacon, egg, avocado, tomato relish, rocket, tomato & aioli (GF option)</i>		<i>salmon</i>	<i>eggs your way</i>
		<i>bacon</i>	<i>spinach</i>

PLEASE LET US KNOW OF ANY DIETARY NEEDS YOU MAY HAVE

Lunch

SIT DOWN MENU | SERVED BETWEEN 12:15PM - 2:30PM
SANDWICHES SOLD ALL DAY | UNTIL SOLD OUT

CHICKEN SALAD	24	CHICKEN SANDWICH	14
<i>shredded poached chicken, broccolini, edamame beans, blistered cherry truss tomatoes, pickled cabbage, almond, mint, honey mustard dressing GF, DF</i>		<i>chicken tumbled in lemon, herbs, almonds, celery, mayonnaise, rocket on toasted sourdough</i>	
ATLANTIC SALMON FILLET	27.5	LAMB WRAP	14.5
<i>pan seared salmon with Spring asparagus, fennel, orange & pomegranate salad with gremolata GF, DF</i>		<i>slow cooked shredded lamb, with feta, Moroccan carrots, chipotle, spinach & pepitas on a toasted soft tortilla wrap</i>	
FALAFEL VEGGIE BOWL	24	VEG & HALLOUMI FOCACCIA	14
<i>with roasted pumpkin, curried hummus, brown rice, avocado, snow peas, edamame beans, pistachio dukkah & green goodness dressing GF, DF, VEGAN</i>		<i>roast pumpkin, halloumi, grilled eggplant, basil & lemon aioli, spinach and tomatoes on toasted Italian focaccia</i>	
SLOW COOKED LAMB	28.5	HAM & CHEESE PANINI	12.5
<i>with a salad of pear, honeyed walnuts, mint, cranberries, pomegranates, rocket, whipped feta & lemon, caramelised balsamic & pistachio dukkah GF, DF</i>		<i>toasted panini with smoked leg ham, tomato, provolone cheese & seeded mayonnaise</i>	
CHICKEN BURGER	21	AVO-LANCHE	18.5
<i>buttermilk chicken on a milk bun with chipotle aioli, rocket, slaw & tomato with a side of beer battered chips</i>		<i>toasted sourdough atop with avocado, bacon, feta, rocket & a wedge of lime</i>	4
		<i>add your choice of eggs</i>	
		BEER BATTERED FRIES	5
		SWEET POTATO FRIES	6

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Kid's Menu



BREAKFAST 7.30AM - 12PM

PIKELETS

10

with Nutella, strawberries & maple syrup

SCRAM BACON & HASH

10

Hash brown, scrambled eggs, bacon & slice of toast

LUNCH 12.15PM - 2.30PM

POPCORN CHICKEN

11

Bite size buttermilk chicken with chips

CHICKEN BURGER & CHIPS

11

Buttermilk chicken with chips

DRINKS

FRESH JUICES

5

KID'S MILKSHAKES

5

WARM HOT CHOCOLATE

5

BABYCINO

2

Drinks Menu

FRESH JUICES 8

Tell us what you would like juiced... or

Straight OJ or Apple

Pine for you: Orange, pineapple & mint

Veggie Town: Beetroot, carrot, celery & lemon

Our Carrots are Tops: Carrot, ginger, pineapple, apple & lemon

What about a melon: Watermelon, pineapple & orange

COLD-PRESSED JUICES 8

Daily Greens: celery, apple, silverbeet, pear, lemon, ginger & functional botanicals

Gingered Apple: green apple, ginger & lemon

Watermelon: watermelon, apple, strawberry & lime

PROTEIN SMOOTHIES 9.5

Go Nuts: Banana, raw cacao, peanut butter, almond milk, vegan protein & ice

Acai Smash: Acai, crushed almonds, coconut water, vegan protein & Ice

Green Smoothie: Avocado, ice, banana, spinach, vital greens, vegan protein, & coconut water

SMOOTHIES 8

Banana; Berry; Mango

MILKSHAKES 6.5

Chocolate; Strawberry; Vanilla; Caramel; Banana; Milo; Nutella

COFFEE

All the usual Coffees, Mocha, Hot Chocolate

Cup / Mug 4.2 / 4.7

Chai latte / Tumeric latte 4.5 / 5.0

Soy, Almond, Lactose free, 0.5

Oat Milk, Extra Shot or Decaf

Prana Brewed Sticky Chai 6.5

Babycino 2.0

Affogato 7

LOOSE LEAF TEA 4.5

hand blended Artisan tea by TeaDrop

English Breakfast; Earl Grey; Green;

Peppermint; Chamomile; Lemongrass & Ginger

FRAPPES & ICED DRINKS 7.5

Pink Panther: Sparkling pink grapefruit, strawberries, mint & ice

Apple of My Eye: Sparkling passionfruit & orange, apple juice, mint & ice

Lemonlicious: Sparkling lemon, mint & ice

Coffee Frappe: Coffee, milk & ice blended

Iced coffee: mocha, latte, long black

FIZZIES 4.5

Coke, Diet Coke/ Coke Zero; Pink Grapefruit; Lemon; Blood Orange
Ginger Beer Lemon lime & bitters

AQUA

Still bottled water 4

Sparkling Mineral Water sml 4 lrg 7