

All day breakfast

Free range eggs 10.50 on ciabatta, spelt sourdough, grain sourdough or gf toast

3.00 side mushroom, tomato, spinach, potato, avocado or extra egg

4.00 side bacon, chorizo sausage, cured salmon, house-made baked beans or cauliflower hash

Eggs benedict 17.50 on grain sourdough with fresh spinach & house-made hollandaise. Choice of bacon, cured salmon or mushroom

Big breakfast 19.50 eggs, toast, bacon, sausage, potato, tomato, mushroom, fresh spinach & house-made baked beans

Mushrooms on toast 17.50 Portobello and button mushrooms pan fried on ciabatta with roast tomatoes & lightly dressed greens

Avocado on cauliflower hash 16.50 (gf df) with roasted tomato, red onion salsa & lightly dressed greens.

Vegan on request

Granola 12.50 (df v) baked nuts, seeds fruit and oats, coconut yoghurt & fruit couli. Choose your warmed milk - cow, soy, almond or coconut

Pancakes 13.50 (gf df) with caramelised pecans, balsamic cherries and fruit couli. Choose whipped cows, coconut or almond cream

Smoothie bowl 12.00 (v gf) see specials board for flavours

Lunch

Caesar salad 17.50 with lettuce, croutons, anchovies, parmesan & a poached egg. Choose chicken & bacon or salmon

Burger 16.50 fresh greens, caramelised onion, tomato Mercer gouda & pickles served with wedges or slaw.

Choose braised beef, chicken, fish or mushroom.

Vegan on request

Rueben sandwich 14.50 braised beef cheek with gouda, wholegrain mustard and pickled cabbage on grain sourdough served with slaw

Quinoa, salmon & rocket salad 17.50 (gf) with balsamic cherries and nuts

Tacos 16.50 (gf) on masa corn tortilla with slaw and fresh herbs. See specials board for flavours

Rosemary potato wedges 7.50 baked then crisped with sour cream & salsa **+3.00 bacon & cheese** or **house-made beans & cheese**

Toasted sandwiches choose spelt, grain or gf bread **5.50**

Choose 2 or more of:

Caramelised onion, tomato, pickles or pineapple **+0.50 each**

Spinach, mushroom or mild cheese **+0.70 each**

Ham, bacon, chicken, egg, avocado or gouda **+1.00 each**

Kids (under 12's) cheese toastie **4.00** fruit selection **2.00** yoghurt cup with berry couli **3.00**

Half size serves for children available on request

Coffee Ozone Fitzroy blend double shot unless requested

decaf available

Ristretto - Short Black - Long Black **3.50**

Americano **3.80**

Macchiato short or long - Vienna (with cream) **3.80**

Flat White small **4.00** medium **4.20** large **4.50**

Cappuccino med **4.20** lge **4.50**

Latte **4.50**

Mocha med **4.50** lge **4.80**

Hot Chocolate med **4.20** lge **4.50**

Chai Latte med **4.20** lge **4.50**

Fluffy **1.50**

Turmeric latte **4.50**

Matcha green **4.20** Matcha latte **4.70**

Gf soy **+0.50**

Almond, coconut or sunflower seed milk **+0.50**

Extra coffee shot **1.00**

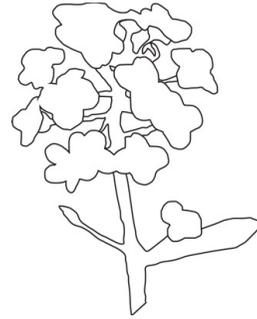
Housemade vanilla or caramel syrup **1.00**

Fine and Dandy Teas 4.00 English Breakfast - Earl Grey -

Indian Spiced Chai - Green - Green with Rose Petals -

Genmaicha - Peppermint - Chamomile and Cinnamon -

Lemongrass, Ginger and Kawakawa



Milkshakes 6.50 with icecream, milk & cream

Coffee - Mocha - Chocolate - Berry - Vanilla - Caramel

Banana smoothie 7.00 (gf) with yoghurt, milk and honey

Berry smoothie 7.50 (v gf) berry, banana, almond, orange, chia seeds & date

Green smoothie 7.50 (v gf nf) spinach, cucumber, apple, orange, chia seeds, ginger & spirulina

Blue tropical 7.50 (v gf nf) banana, pineapple & coconut with Cosmic Brew herbal tonic

Juices and Fizzies

Raw Orange or Apple by the glass small **3.50** large **5.00**

Phoenix bottled juices **4.00**

Phoenix Lemonade 4.00

Phoenix Ginger beer 4.00

Phoenix Cola **4.00**

See cabinet for other cold drinks

House-made elderflower fizz **3.50**

Hibiscus and rose iced tea (sugar free) **5.50**

Kid's juice pouches **2.50** apple, orange or blackcurrant