

BREAKFAST + LUNCH

AVAILABLE UNTIL 2:30PM
SUN + PUB HOLS 1:45PM



SMASHED AVOCADO ON SEEDY [VO] 25

BROCCOLINI + POACHED EGGS + MARINATED FETA + CASHEW DUKKAH

APPLE + CINNAMON HOTCAKES [V] 21

WITH SEASONAL FRUIT + MISO CARAMEL + VANILLA ICE CREAM

ADD BACON +6 / ADD HALOUMI +6

SARDINES ON TOAST 20.5

TOASTED SEEDY + HARD BOILED EGG + PICCALILLI VEG + FRESH DILL + AIOLI

NUT + SEED GRANOLA [V] 17.5

TAHINI + SWEET SOY LABNEH + STEWED FRUIT + HEMP SEEDS

BACON BENEDICT 24.5

TOASTED BRIOCHE + HOUSE MADE HOLLANDAISE + BACON + POACHED EGGS

OR VEG IT UP WITH HALOUMI INSTEAD

CORN WAFFLE 24

GRILLED HALOUMI + CHIMICHURRI + SMASHED AVOCADO + TWO POACHED EGGS

BLACKENED FREE RANGE CHICKEN 25

BUCKWHEAT CHOPPED SALAD + MUHAMMARA DIP + CHIMICHURRI + FRESH HERBS

ROOBEN 24

HOUSE CURED LOCAL WALLABY + RUSSIAN DRESSING + SAUERKRAUT + PICKLES + CHIPPIES

EGGPLANT MOUSSAKA [V] 23.5

CHICKPEA HUMMUS + POTATO SKINS + TAHINI DRESSING + PICKLED ONIONS + HOUSE MADE PITA

BROCCOLI + BLUE CHEESE PIE [VG] 19.5

FRESH HERB SALAD + SEASONAL RELISH

FIELD DAY [V] 24

POTATO HASH + MIXED ROASTED MUSHROOMS + TRUFFLED VEGAN CREAM CHEESE + KALE CHIPS

ADD POACHED EGG +3.5

B.L.T OR H.L.T SANDWICH [VGO] 19.5

BACON OR HALOUMI, LETTUCE, FRESH TOMATO, AIOLI, TOASTED BRIOCHE

ADD SMASHED AVOCADO +6 / ADD FRIED EGG +3.5

EGGS ON TOAST 14.5

TWO FREE RANGE POACHED, FRIED,
OR SCRAMBLED

ON MOONAH TRADITIONAL, BRIOCHE
OR SUPER SEEDY

ADD YOUR FAVOURITE SIDES

POTATO HASH [V] 6

MUSHROOMS [V] 5

SMASHED AVOCADO [V] 6

HALOUMI 6

SIDE SALAD [V] 6

SAUTEED BROCCOLINI [V] 6

BACON 6

CHORIZO 6

HOLLANDAISE 5

HOUSE MADE CHILLI SAUCE [V] 4

SEASONAL RELISH [V] 4

SLICE OF TOAST [VO] 4

FREE RANGE EGG 3.5

CHIPPIES + AIOLI 9

FOR THE KIDS

EGG + BACON OR HALOUMI ON TOAST 11

GRILLED CHEESE TOAST 11

VANILLA HOTCAKE + ICE CREAM [V] 11

[V] VEGAN / [VG] VEGETARIAN

[-O] OPTION

**-PLEASE INFORM STAFF OF ANY
DIETARY REQUIREMENTS**

HOT DRINKS

BLACK - ROTATING SINGLE ORIGIN 4.0
BATCH BREW, LONG BLACK,
RISTRETTO, ESPRESSO

MILK - SMOOTH CRIMINAL BLEND 4.6
PICCOLO, MACCHIATO
FLAT WHITE, LATTE, CAPPUCCINO

GROUNDLED PLEASURES HOT CHOCOLATE

ORIGINAL OR SICILIAN ORANGE 4.6
MOCHA 5.2

ALTERNATIVE LATTES

CHAI LATTE 4.6
TURMERIC, MATCHA, DANDY CHAI 4.9
DIRTY CHAI 5.2

PRANA CHAI

BREWED WITH SOY [V] 6.9

EXTRAS

LACTOSE FREE, SOY BOY, ALMOND,
COCONUT, MACADAMIA 0.7

LARGE, EXTRA SHOT 0.6

ZEE TEA ORGANIC TEAS 5.3

ENGLISH BREAKFAST, EARL GREY, CHAI,
SENGHA GREEN, PEPPERMINT,
LEMONGRASS BLEND, GINGER SPICE

HOT BLACKCURRANT

WESTERWAY BLAKCURRANT +
LEMON 6.0

HOUSE MADE COLDIES

ICED BREWS

> **SERVED OVER ICE**

ICED LATTE 4.6

ICED LONG BLACK 4.0

> **SERVED OVER ICE + ICECREAM [VO]**

ICED COFFEE, CHOC, OR CHAI 7.9

ICED MOCHA, MATCHA, OR TUMERIC 8.5

SMOOTHIES

NOT YOUR AVERAGE BANANA [V] 11

BANANA + TOASTED SEEDS + CINNAMON
+ ALMOND MILK

ADD COFFEE SHOT 0.6

THE JOHNNY BRAVO 11

CHOCOLATE WHEY PROTEIN POWDER +
BLUEBERRIES + GREEK YOGHURT + ALMONDS

LETS NOT FORGET SUMMER [V] 11

PINEAPPLE SORBET + BANANA + MANGO
+ MINT + COCONUT

BOTTLED COLDIES

STRAIGHT UP ROASTERS 300ML 6.5

SMOOTH CRIMINAL COLD BREW

SIMPLE ORGANICS 330ML 7

LEMONADE, COLA, BLOOD ORANGE

CAPI 250ML 5

GINGER BEER

REMEDY KOMBUCHA 330ML 7.50

GINGER LEMON, MANGO PASSIONFRUIT

TAS JUICE PRESS 350ML 8

FRUITS, REBOOT, WEEKLY SPECIAL- **ASK STAFF!**

BAKED
— Gluten Free —

BOOZE

HAHN ULTRA CRISP **LAGER** 330ML \$8

TWO BAYS AMERICAN **PALE ALE** 375ML \$12

TWO BAYS NO DOUBT **STOUT** 375ML \$13

TWO BAYS **SESSION ALE** 375ML \$12

WILLIE SMITHS ORGANIC **CIDER** 355ML \$10

IRON HOUSE HARD **GINGER BEER** 440ML \$14

HARCOURT VALLEY **MANGO SMASH** 250ML \$10

BIZZARRO **STRAWBERRY** +

YUZU **SPRITZ** 250ML \$14

STRANGE OMEN **GIN + TONIC** 330ML \$13

DUNES + GREENE **SPARKLING** 200ML \$12

ELSEWHERE VINEYARD **RIESLING** 750ML \$67

BANGOR **PINOT NOIR** 750ML \$62

DELINQUENTE PRETTY BOY **ROSE** 750ML \$44

BY THE GLASS \$13

THE SUNDERLAND SLINGER \$18

IRON HOUSE GINGER BEER + STRAIGHT UP

ROASTERS COLD BREW + SPICED RUM +

DRIED ORANGE

VIEW OUR
MENU ONLINE

