



BREAKFAST

PASTRIES & BAKED GOODS

luxe muffins 6.
bran muffin with blueberry & ricotta
almond croissant. 8
check our display for other pastries!

toast
turkish 6 / **sonoma** sourdough 7
nonies seedy brown (gf) 8
sonoma apple & currant 8
condiments: drunken sailor jam,
marmalade, peanut butter, vegemite or honey

banana bread 9
+ sweet ricotta and honey 12

açai bowl (vg) 14
açai, banana, fresh berries, shaved coconut,
mint, chia seeds and granola

summer granola bowl (vg) 15
house made granola, coconut yoghurt with earl grey
poached peaches, shaved nectarine, pistachio
and cacao

seasonal fruit plate 13
+ natural yoghurt 2.5 | + coconut yoghurt 3
+ house made granola 3.5

the sunrise (since '04) 14
house made bircher, seasonal fruits and
low-fat yoghurt

meredith bigs 17
whipped meredith's dairy goats curd, sliced avocado,
black russian tomatoes, parsley, toasted seeds
on sourdough
+ poached egg 3.5 + bacon 5

the breakfast roll 15
bacon, fried egg, smokey tomato relish
and spinach on a milk bun with a hash brown
*sub bacon for halloumi

FROM THE DISPLAY

ham, cheese & tomato toastie 10
smoked salmon bagel 14
philly cream cheese, capers, dill, rocket
chicken schnitzel wrap 14
chicken, mayo, spinach, avocado, tomato

green nourish bowl (gf, vg) 17
quinoa, roast zucchini, asparagus, crispy zucchini
flowers, kale, edamame, green goodness dressing
+ poached egg 3.5 + meredith feta 4 + halloumi 5

sweet baby carlos (hangover roll) 15
bacon, fried egg, sausage, hashbrown,
sweet baby ray's smokey bbq sauce on a milk bun

benni w leg ham 18
semmi w smoked salmon 19
poached free range eggs on sourdough or
turkish with spinach and hollandaise

buttermilk pancakes 18
w maple syrup, fresh strawberries or banana
+ bacon 5 + sweet ricotta 3.5

salmon croquettes 23
oven baked salmon, two poached eggs,
meredith feta and house hollandaise

the big reg 23
eggs, avocado, mushrooms, roma tomato,
spinach, halloumi, smashed chats and sonoma
sourdough toast
(sorry no alterations)

kangaroo valley eggs 12
poached, fried or scrambled, with toast:
sourdough, turkish, nonies seedy brown (gf)

sides
hollandaise / smokey tomato relish / spinach 3
meredith feta / tomato / mushrooms / avocado 4
halloumi / hash brown (2) / bacon / 5
smoked salmon 6.5

SWEETS

cakes (by the slice)
and a selection of baked goodies
you should ask your waiter about!

pure pops. all natural ice blocks 4.5