

Menu



breakfast
9am to 4pm
lunch and dinner
10am til late

{df} Dairy Free
{gf} gluten free
{n} contains nuts
{v} veg

all our eggs are from free range hens

Breakfast 8am - 4pm

Fruit Salad 40 {gf} {v}

seasonal fruit, whipped vanilla yoghurt, chia seeds

Acai Bowl 49 {n} {v} *

banana, blueberry and acai crush, chia seeds, granola, dragon fruit, passion fruit, dried raspberry and cacao nibs

Red Dragon Fruit Bowl 51

fresh figs, kiwi and mango with dragon fruit crushed pulp, banana crisps, bee pollen and cocoa quinoa granola

Chia Pudding Glow 49 {v}

Chia soaked in coconut milk, house granola, saffron infused mango lassi, mixed berries, candied fruits

Buckwheat Waffle 52 {gf} {v}

glazed apricots and yuzu whipped cream, super seeds, mature coconut, agave syrup and activated charcoal

Smashed Avocado 49 {v} *

soy and linseed toast, ricotta, lemon, coriander, sea salt and chilli flakes **add** free range poached eggs 15

Betty's Hummus Bowl 54

smoky beetroot hummus with peas and bacon, poached eggs, crushed pistachios, fried brioche, truffle infused oil and herbs

Veggie Green Tacos 57 {gf} {v} {df} *

green lentil taco with smashed avocado and kale, sprouted salad, tangy tahini dressing, pomegranate and pumpkin seeds, free range fried eggs

Breakfast Tacos 59

fried free range eggs, braised pinto beans, beef bacon, charred corn, jalapeno, queso fresco and tomato salsa

Egyptian Baked Free Range Eggs 65 {n}

zataar lamb sausage, koshari, melted tomatoes, organic kale, dukkah spice, beetroot relish and toasted sourdough

Scrambled Free Range Eggs 54 {v}

wilted organic kale, sautéed wild mushrooms, creamed goat cheese served on toasted sourdough

Kashmiri Florentine 55 {gf}

poached free range eggs, spiced beetroot and sweet potato hash, kale and hollandaise **add** tandoori salmon 20

Folded Omelette 55 {gf} {n}

choose 3 fillings from our sides

Big Breaky 79

choice of toast – sourdough or multigrain, 2 free range eggs – poached, fried or scrambled, zataar lamb sausage, sautéed wild mushrooms, veal bacon, kale and slow cooked vine tomatoes

Breakfast Sides

side of free range eggs 15 toasted sourdough 15

zataar lamb sausage, sautéed wild mushroom, avocado, beef bacon, smoked salmon, wilted kale, tandoori salmon, gluten free bread 20

Lunch 10am - Close

Greens and Grains Salad 53 {n}

quinoa and bulgur tabbouleh, raw broccoli, spinach, spring beans, roasted cashews and pumpkin seeds, avocado, goji berries, lemon, EVOO and Moroccan spice **add** roast lamb 24

Heritage Salad 55 {gf} {df} {n} {v}

Heirloom tomatoes, roasted beets, puy lentils, kale, toasted pine nuts, baby gem, chimichurri dressing, soft herbs **add** poached eggs 15

The Nomad Salad 53 {gf} {df} {v}

yellow zucchini, celeriac strings, shredded green sorrel, black eye beans, chives, fresh pear, alfa alfa, red radish, apple wasabi dressing, cashew nut butter **add** grilled chicken 20

Veggie Rice Wrap 49 {v} {gf}

loads of crisp crunchy vegetables, glass noodles, herbs, sprouts and leaves with zingy black sesame sauce and shredded nori

The Soup 40

please ask your server for the soup of the day

Prawn Tacos 59

red mojo sauce, feta, roasted jalapeno, mango slaw fresh herbs, EVOO

Wild Mushroom Risotto 65 {v} {gf}

select imported mushrooms, green peas and broad beans, parmesan, truffle infused oil, chervil and basil cress

Jerk Chicken 69 {n}

tomato salsa, grilled corn, bean and carrot slaw, roasted pimento, smoky spiced almonds, spicy potato wedges

Pan Fried Salmon 79 {gf}

quinoa, wild rice and fresh grated coconut, mango salsa, green beans, spiced roast pumpkin, curry leaf and shiso

Katsu Chicken Bowl 59

sticky rice, cucumber kimchi, pickled carrots, tonkatsu sauce, Japanese mayo and nori **add** single fried egg 7.50

Warm Baharat Chicken Bowl 77 {n}

macadamia and giant couscous, roasted butternut squash, whipped cream cheese, heritage tomato salad and sautéed kale

Korean Bibimbap Bowl 61 {df}

Braised minced beef, pickle carrots, brown rice, enoki, kimchi bok choy, seasonal sprouts, edamame beans and soft fried single egg

Caveman Riblettes 89

slow braised beef ribs, Cantonese soya glaze, toasted sesame seeds, spring onions, kimchi medley, lime creme fraiche

Skewered Lamb 69

skewered breaded lamb, kalamata olives, chickpea hummus, silvered pistachios, pomegranate seeds, shaved fennel, dill and orange salad

Mekong Chicken Burger {n} Single 55 | Double 65

crispy panko chicken, sweet peanut sauce, Vietnamese slaw kewpie and lime mayo, sesame bun and fries

The Burger's Burger Single 49 | Double 59

Boston lettuce, sliced tomato, onion, gherkins, jack cheese, our special sauce, sesame bun, fries with aioli

Sides, sides, sides...

fries with aioli or fresh greens with lemon dressing 15

sweet potato fries 20 brown or coconut rice 15

sautéed mixed greens 15

* Available all day