



# 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 52 {n} {v} {df} \*

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

### Red Dragon Fruit Bowl 51 {df}

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}

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} {df}

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} {df}

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 {n}

skewered breaded lamb, chickpea hummus, slivered 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