

- ALL DAY. ERR DAY -

Noisette sourdough or multigrain
w/ butter and/or strawberry jam. vegemite. peanut butter
OR gluten free / fruit sourdough toast

DR. MARTYS CRUMPETS **V**
w/ butter. honey & jam

EGGS THE WAY YOU LIKE IT **V** **GFO**
poached. fried or scrambled on toast

OMELETTE **V** **GFO**
w/ mushroom. cheese & tomato on toast
+ bacon 5 + salmon 5

MISS BIRCHER **V**
roasted Australian oats. coconut yoghurt. goji berries.
cranberries. currents. passionfruit coulis. seasonal fruits.
shredded coconut & almond milk

ACAI SUPER BOWL **V** **GFO**
w/ banana. strawberries. chia seeds. granola. coconut &
peanut butter

BRIOCHE FRENCH TOAST **V**
w/ vanilla mascarpone. blueberry compote. seasonal fruits.
and maple syrup

HAPPY AVOCADO **V** **GFO**
freshly smashed avocado w/ goats cheese. pomegranates.
basil oil. radish. dukkah labneh & fresh lime on sourdough
+ poached egg 3 + bacon 5 + haloumi 5

DID YOU KNOW I'M VEGAN **V** **GFO**
multigrain toast w/ hummus. fresh avocado. sautéed
moroccan chickpeas. chilli & fresh lime
+ spinach 4 + mushroom 4

CHILLI SCRAMBLE **V** **GFO**
w/ fried shallots. fresh chilli. goats cheese. pumpkin
labneh & fresh lime on sourdough
+ bacon 5

8 HASH BENNY **V** **GFO**
Choose: pulled pork. bacon. smoked salmon or spinach
10 poached eggs on homemade hash browns w/ chipotle
10 hollandaise & pickled cabbage

BRUNCH BURGER
10 toasted milk bun w/ fried egg. maple harissa bacon. fried
haloumi. fresh avocado & chipotle bbq sauce

17 NOURISH BOWL **GFO**
Choice of chargrilled chicken or smoked salmon
w/ spiced brown rice. roasted pumpkin. broccoli. avocado.
pickled cabbage & grilled lime

16 SUPER FOOD SALAD **V** **GFO**
kale. quinoa. apple. haloumi. avocado. hummus. chia seeds.
activated almonds. goji berries. pomegranates & lemon
dressing
+ poached egg 3
18 + grilled chicken / smoked salmon / falafel 5

PAN SEARED SALMON **GFO**
18 with spiced brown rice. roasted pumpkin. broccoli. avocado.
pickled cabbage. radish and grilled lime

CRISPY CHICKEN TACOS
18 3 soft tacos with crispy chicken. chilli. avocado.
chargrilled corn. pickled cabbage. chipotle mayo and lime

VEGAN FALAFEL TACOS **V**
18 3 soft tacos with falafel. chilli. avocado. chargrilled corn.
pickled cabbage. vegan mayonnaise and lime

FULLY LOADED WRAP
18 Soft wrap filled with buttermilk fried chicken. thick cut
chips. lettuce. tomato. cheese. pickles. avo and chipotle
mayo

19 ROYALE WITH CHEESE 20
Grass fed black angus beef on toasted milk bun w/ ched-
dar. lettuce. tomato. pickles & mac sauce.
Side of thick cut fries
+ bacon 5

16 BUTTERMILK CHICKEN BURGER 20
w/ coleslaw. pickled cabbage. lettuce & chipotle mayo.
Side of thick cut fries
23 + bacon 5 + cheese 2

18 VEGAN ROYALE WITH CHEESE **V** 23
100% vegan plant based patty with melted vegan cheese.
lettuce. tomato. pickles. vegan mayo and ketchup served
on a toasted vegan bun. Side of thick cut fries

- LITTLE SOMETHING -

Strictly for children only

Egg & bacon on toast 8
24.9 Popcorn chicken & chips 9
Mini cheese burger & chips 9
Fruit bowl & yoghurt 8

20 - SIDES -


Thick cut chips w/ ketchup 7
Sweet potato fries w/ aioli 8
20 Waffle fries w/ ketchup 8

- EXTRAS -

17.9 Egg 3
Hash brown. tomato. mushrooms. spinach 4
Avocado. bacon. haloumi. goats cheese. smoked salmon 5

V vegetarian **V** vegan **GFO** gluten free **GFO** gluten free option

All meat & chicken is gluten free & Halal

ASSEMBLY  GROUND

- HOT -

COFFEE

Black/White	4
Filter	6.5
+ soy. oat. lactose free. almond. coconut milk	.5

OTHER

Chai	4
Wet chai	4.5
Dirty chai	4.5
Mocha	4
Hot chocolate	4.5
Matcha Latte	6
Tumeric Latte	6
Beetroot Latte	6

TEA

English Breakfast	4
Earl Grey	
Peppermint	
Chamomile Blossoms	
Lemongrass & Ginger	
Honeydew Green	
Spring Green	
Oriental Jasmine Green	

- COLD -

Cold brew	6
Iced latte	6
Iced coffee	6.5
Iced mocha	6.5
Iced chocolate	6.5

- MORE -

Mount Franklin Water	4
Mount Franklin Sparkling Water	4.5
Coca Cola / Coca Cola no sugar / Fanta / Sprite / Lift	4.5
Lemon Lime Bitters	5
Kombucha	6

- JUICES -

OJ - Freshly squeezed orange juice	8
GREEN - Spinach. apple. celery. cucumber. ginger. lemon	8
DETOX - Watermelon. apple. orange & pineapple	8
BOOST - Beetroot. carrot. pineapple & orange	8

- SMOOTHIES -

STRAWBERRY - strawberries. vanilla ice cream & milk	10
BANANA - bananas. honey vanilla ice cream & milk	10
TANGO - Mango. strawberries. banana. honey & low fat milk	11
SUMMER - Peach. mango. banana. lemon. orange & apple juice	11
SNICKERS - peanut butter. dates. banana. honey & almond milk + protein 3	11

- SHAKES -

CLASSICS - Chocolate. Vanilla. Strawberry or Caramel	5/8
RED VELVET - red velvet cake mix. cream cheese. ice cream. vanilla syrup & oreos	9
COOKIES & CREAM - oreos. ice cream & chocolate fudge	9

- BOOZE -

WHITE WINE

JP Chenet Sauvignon Blanc	10/40
Jacobs Creek Riesling	9/36

RED WINE

George Wyndham Shiraz	11/44
Boraso Classico Garnacha	12/48

ROSÉ

JP Chenet Rosé	9/36
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BUBBLY

Chandon Brut 750ml	45
Prosecco	10

BEER & CIDER

Corona	9
Peroni	9
Fat Yak Pale Ale	9
The Hills Cider Virgin Apple / Pear	9

COCKTAILS

Happy Hour 12-2pm \$10

Espresso Martini	15
Mimosa	12
Aperol Spritz	15
Margarita	15
Piña colada	15