

All day

Daily baked muffins or treats from the display (gf available)

6.5

House banana bread (v)

8.5

with butter and local honey

Ciabatta or gluten free quinoa toast

7.5 / 8.5

with butter and jam, vegemite, honey or peanut butter

House toasted muesli (v)

16.0

honey nut baked seeds and oats, apple vanilla sauce, yoghurt and poached pear

Hot whole milk porridge (v)

16.0

Fiji vanilla bean, oats and milk with berry compote

Bacon and egg roll

12.0

smoked bacon, free range fried egg in a Turkish roll with tomato chilli relish

Haloumi burger (v)

14.0

free range fried egg, spinach, haloumi and relish in a Turkish roll

Breakfast 7-12

Copenhagen

16.0

free range heritage pork Kransky sausage, toasted roll, superkraut, mustard and tomato relish

Goodness! (v, gf)

18.0

nourishing bowl of avocado, kale, Nimbin brown rice, lemon, superkraut and poached eggs

Magic mushrooms (v, gf)

21.0

herb baked mushrooms, quinoa toast, goats curd, mushroom powder, poached eggs

Haloumi and asparagus (v)

19.0

poached eggs, toasted ciabatta, raw spinach and lemon dressing

Green eggs and ham

21.0

Bangalow sweet ham and salsa verde scrambled eggs on toasted ciabatta

Pea perfect (v, gf)**19.0**

warm smashed peas, Danish feta, mint and poached eggs on quinoa toast

GI Joe (gf, low GI, high protein)**23.0**

toasted quinoa bread, avocado, raw spinach, smoked salmon, poached eggs and aioli

Big Bistro Breakfast (scrambled or poached)**26.0**

eggs, bacon, heritage pork chipolatas, hash brown, roast tomato and toast with relish

Avocado and ricotta bruschetta (v)**18.0**

avocado, spinach and ricotta on toasted ciabatta with lemon and sea salt

Bacon and eggs (scrambled or poached)**18.0**

smoked bacon, roast tomato, relish, free range eggs and toast

Gluten free**+2.0****Additions**

smoked bacon	5.0	free range chipolatas	6.0	smoked salmon	8.0
roast tomato	4.0	fresh tomato	4.0	hash brown	4.0
cooked spinach	5.0	raw spinach	3.0	avocado	
	4.0				
extra egg	3.0	haloumi		4.0	
condiments	2.0				

Freshly squeezed orange juice**6.0****Cold press juices** (100% local organic. Ingredients vary according to availability) **8.5****Red cold press**

carrot, beetroot, apple, lemon, ginger and turmeric

Orange cold press

carrot, orange, lime, ginger, turmeric and seasonal orange fruits

Green cold press

celery, kale, apple, lemon, kiwi and seasonal green fruits

Smoothies (dairy free)**9.0****Banana velvet**

banana, vanilla bean, date, macadamia butter, cinnamon and house almond mylk

Lip Smacker

organic strawberry and mango, chia seed, orange juice, coconut water, orange blossom

Supergreen

spinach, basil, celery, cucumber, kiwi, pear, apple, coconut water, banana and spirulina

Iced coffee | iced chocolate | iced mocha

7.0

Hot chocolate with marshmallow

4.0

Loose leaf chai tea

4.0

Campos coffee

Reg.

Lg.

short black | ristretto | short / long macchiato | piccolo

4.0

long black | mocha | cappuccino | flat white | latte | decaffeinated

4.0 5.0

soy milk | almond mylk | double shot

+5

babycino

2.0

Marvell St. teas

4.0

ceylon english breakfast | ceylon earl grey | calming blend

organic sencha green | organic peppermint

Next page for lunch.....

Lunch 12-2.30

Thai pumpkin soup (v)

12.0

fragrant herbs and spices, coconut and toasted ciabatta

Yemeni quinoa salad (v)

16.0

cucumber, tomato, basil, green beans, dukkah egg, grilled asparagus, tahini dressing

Paprika roasted chickpea salad (v,gf)

16.0

chickpeas, baked pear, avocado, kale, sweet potato, toasted macadamia and basil

Crispy buttermilk chicken**16.0**

free range chicken breast, apple and walnut coleslaw, yoghurt dressing and sweet potato

Chilli salt squid**14.0**

crispy squid with a namjim coleslaw and chilli jam

Beef burger**16.0**

Hayters Hill mince, double cheese, bacon and tomato chilli relish

Quinoa burger (v)**16.0**

cannellini and quinoa pattie, cheddar, spinach, beetroot relish, fried egg and aioli

Lamb shank freekeh**18.0**

braised lamb and freekeh, cultured butter, parsley, coriander, lemon and kale

French fries and aioli (v, gf)**7.0**

San Pellegrino sparkling mineral water	1 litre	8.0
	500 ml	4.0

Mount Warning still mineral water	500 ml	4.0
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Wines by the glass**Whites**

Black Cottage Sauvignon Blanc, <i>Marlborough, NZ</i>	8.5	8.5
Tar & Roses Pinot Grigio, <i>Strathbogie, VIC</i>	8.5	
Thorn-Clark Sandpiper Chardonnay, <i>Eden Valley, SA</i>	8.0	

Reds & Rosé

St. Leonards Cabernet Franc, <i>Rutherglen, VIC</i>	9.0	
Left Field Syrah, <i>Hawkes Bay, NZ</i>	12.0	
Formby & Adams Cabernet Sauvignon, <i>Longhorn Creek, SA</i>		8.5
Cake Shiraz, <i>McLaren Vale, SA</i>	9.0	