



MORNINGS

MONDAY - SATURDAY
6 AM to 10 AM

PUBLIC HOLIDAYS 15% SURCHARGE

FOOD

BACON & EGGS with RASHER BACON, EGGS YOUR WAY, GRILLED TOMATO, TOASTED SOURDOUGH and HOME-MADE RELISH 15.5

SCRAMBLED EGGS with RICOTTA, FRESH HERBS and HOME-MADE CHILLI JAM on TOASTED BREAD (V) 14.4

SMASHED AVOCADO on TOASTED SOURDOUGH with CARAMELISED BALSAMIC and REMY LIL'S DUKKAH (V/HEALTHY) 15.5

THE BIG BACON & EGG ROLL with RASHER BACON, FRIED EGG and on a FRESH MILK BUN plus CHILLI JAM, AVOCADO, HALLOUMI and HASHBROWN 16.5

EGGS BENEDICT TOASTED SOURDOUGH, POACHED EGGS and HOLLANDAISE with CHOICE of LEG HAM or BACON SMOKED SALMON - +2 16

FAVETTA & ZUCCHINI on FLATBREAD with RICOTTA and MINT served with POACHED EGGS (V) 18

BRUSCHETTA of SEVEN SEED LOAF with COTTAGE CHEESE, AVOCADO, BASIL PESTO, SLICED TOMATO and PEPITAS (V/HEALTHY) >> ADD BACON - 4 << 17.5

WAFFLES with LOCAL HONEY, CARAMEL, MACADAMIA CRUMBLE, GRILLED BANANA and HOME-MADE ICE-CREAM (V) 17.5

CORN FRITTERS served with AVOCADO, BLACK RICE SALSA and HARRISA YOGHURT (GF/V) >> ADD EGGS - 4 << 18

SAVOURY MINCE on TOAST with EGGS YOUR WAY 16.5

MISO GLAZED SALMON with TARAMASALATA, SODA BREAD, PEAS and DILL >> ADD EGGS - 4 << 22

LIGHT START

TOAST YOUR WAY choose your bread (V) 7

SOURDOUGH
RAISIN TOAST
GLUTEN FREE BREAD

with LURPAK BUTTER and CHOICE of HOMEMADE PRESERVES // NO.9 PEANUT BUTTER // VEGEMITE // LOCAL HONEY // NUTINO

ACAI BOWL whipped with BANANA, topped with FRESH FRUIT, TOASTED COCONUT and ALMOND FLAKES (GF/LF/V/HEALTHY) 18

EGGS ON TOAST with TWO EGGS YOUR WAY on TOASTED SOURDOUGH with TOMATO RELISH (V) 10

KIDS
12 & under

WEET-BIX served with FRESH BANANA, HONEY and MILK 6

MINI PANCAKES served with MAPLE SYRUP and ICECREAM 8

KIDS CHOOSE YOUR OWN 10

ONE PIECE OF TOAST with KIDS CHOICE of TWO ADD-ON'S

BABYCINO FREE ON THE HOUSE for ALL THE COOL KIDS

EXTRAS

GRILLED TOMATO - HASH BROWNS - EGGS BACON - CHIPOLATAS - SPINACH SAUTÉED MUSHROOMS - HOLLANDAISE HOUSE-MADE CHILLI JAM - TOMATO RELISH 4

HUON SALMON - HALLOUMI - AVOCADO 5

CABINET

DAILY FRESH SELECTION
TO EAT IN HOUSE or GRAB & GO

SMOOTHIES

SNICKERS 12.5

BANANA || CHOCOLATE PROTEIN || ALMOND MILK || PEANUT BUTTER || RICE MALT

GREEN CLEANSING 12.5

BANANA || VANILLA PROTEIN || BABY SPINACH || KALE || AVOCADO || RICE MALT || ALMOND MILK

MANGO 12.5

MANGO || VANILLA PROTEIN || MILK

STRAWBERRY & LIME 10

STRAWBERRY || MANGO || FRESH MINT || LIME JUICE || COCONUT WATER (LF)

ADD PROTEIN SCOOP 3

FRAPPÉ 6

COFFEE - CHAI - CHOCOLATE

ICED COFFEE // ICED CHOCOLATE 6

SHOT of CHOICE || ICE-CREAM || MILK || ICE

MILKSHAKE REG - 4.5

CHOCOLATE - STRAWBERRY - VANILLA CARAMEL LRG - 6

PROTEIN SHAKE with ALMOND MILK 7.5

CHOCOLATE - VANILLA

TEA

TEA POT - 4.5

ENGLISH BREAKFAST // CAMOMILE // EARL GREY // DARJEELING // PEPPERMINT GREEN // T2 GORGEOUS GEISHA GREEN // LEMON & GINGER

COFFEE & LATTE

FLAT WHITE 4.1

CAPPUCCINO 4.1

LATTE 4.1

LONG BLACK 4.1

ESPRESSO 3.1

MACCHIATO 3.1

RISTRETTO 3.1

PICCOLO 3.6

CHAI LATTE 4.1

MOCHA 4.1

HOT CHOCOLATE 4.1

MILK/DARK/WHITE

SUPERFOOD ELIXIR 5

GOLDEN TURMERIC ELIXIR/MAHO MATCHA ELIXIR BEYOND BEETROOT ELIXIR/ENERGY CHAI ELIXIR >> SERVED COLD || ONE SIZE - +1.9 <<

EXTRA SHOT .5

FLAVOURED SYRUP .6

MINT/VANILLA/HAZELNUT/RASPBERRY/CARAMEL

SPECIALTY MILK .4

LACTOSE FREE/SOY/ALMOND

MUG UPGRADE 1.5

DISPENSARY



DAY MENU

MONDAY - SATURDAY
FROM 10AM TO 2.30PM

PUBLIC HOLIDAYS 15% SURCHARGE

ALL DAY BREAKFAST

ACAI BOWL whipped with BANANA, topped with FRESH FRUIT, TOASTED COCONUT and ALMOND FLAKES (GF/LF/V/HEALTHY) 18

BACON & EGGS with RASHER BACON, EGGS YOUR WAY, GRILLED TOMATO, TOASTED SOURDOUGH and HOME-MADE RELISH 15.5

EGGS BENEDICT TOASTED SOURDOUGH, POACHED EGGS and HOLLANDAISE with CHOICE of LEG HAM or BACON SMOKED SALMON - +2 16

SMASHED AVOCADO on SOURDOUGH with CARAMELISED BALSAMIC and DUKKAH (V/HEALTHY) 15.5

SAVOURY MINCE on TOAST with EGGS YOUR WAY 16.5

CORN FRITTERS served with AVOCADO, BLACK RICE SALSA and HARRISA YOGHURT (GF/V) 18

FAVETTA & ZUCCHINI on FLATBREAD with RICOTTA and MINT served with POACHED EGGS (V) 18

STICKY FRIED CHICKEN with THAI SALAD and NAHM JIM JAEW SAUCE 24

CHILLI & GARLIC PRAWN ROLL served with FRESH AVOCADO and TOMATO 20

TEMPURA ZUCCHINI FLOWERS stuffed with THREE CHEESES served with CONFIT TOMATOES and AIOLI (V) 24

LOCAL BATTERED FISH with CUCUMBER and BUTTERMILK SALAD 20

CRAB PASTA with CRAB CLAW MEAT, ANGEL HAIR PASTA, CHILLI, GARLIC, FRESH HERBS, CHERRY TOMATOES, FRIED BASIL and PARMESAN 24

HOUSE CURED SALMON coated in DIJON MUSTARD and DILL served with a BEETROOT CRÈME FRAÎCHE SLAW (GF) 18

LAMB KOFTA with FATTOUSH SALAD, PRESERVED LEMON and TZATZIKI served with FRESH PITA BREAD 18

OYSTERS

FRESHLY SHUCKED AUSTRALIAN OYSTERS
NATURAL with FRESH CITRUS
served choice of 3 - 19.5 // 6 - 33.5 // 12 - 48.5

**Due to us choosing to only serve LIVE fresh oysters, shucked to order, we only hold limited numbers to ensure high quality

STEAKS

CHOICE of DIANE SAUCE// PINK PEPPER SAUCE// MUSHROOM SAUCE

CRISP FRIES and
GREEN CRUNCHY SALAD with GREEN GODDESS DRESSING

*UPGRADE TO SWEET POTATO FRIES ~ 4

300G GRASS-FED GRASSLANDS PREMIUM NATURAL ANGUS SIRLOIN SOUTH AUSTRALIA 30

350G GRAIN-FED PRESTIGE BLACK ANGUS RIB FILLET NEW SOUTH WALES 42

BURGERS

HOUSE CHEESEBURGER 19
with BEEF PATTY, PEACH KETCHUP, AMERICAN CHEDDAR and HOME-MADE PICKLES

CRISPY FRIED CHICKEN KATSU CURRY BURGER 19
with GREEN ONION SLAW and JAPANESE MAYO

HOUSE STEAK SANDWICH 18.5
with LETTUCE, TOMATO, BEETROOT, ONION JAM, and CHEDDAR CHEESE
>> GLUTEN FREE AVAILABLE <<

ALL BURGERS COME with a SIDE of CRISP FRIES
*UPGRADE TO SWEET POTATO FRIES ~ 4

EXTRAS

WARM BREAD with DUKKAH, OLIVE OIL and BALSAMIC GLAZE 15

CRISP FRIES with AIOLI (V) 10

SWEET POTATO FRIES with AIOLI (V) 12

GRILLED TOMATO - HASH BROWNS - BACON - CHIPOLATAS EGGS - SPINACH - SAUTÉED MUSHROOMS - HOLLANDAISE HOUSE MADE CHILLI JAM - TOMATO RELISH 4

HUON SALMON - HALLOUMI - AVOCADO 5

LONG LUNCH

HOME OF THE LONG LUNCH
THE CHEF'S BEST - SERVED BANQUET STYLE FOR YOU TO ENJOY

PRE-ORDER ONLY - STARTING FROM \$85PP

KIDS

12 & under

FISH PIECES with CHIPS and TOMATO SAUCE 12

CHICKEN PIECES with CHIPS and TOMATO SAUCE 12

SPAGHETTI BOLOGNESE 12

KIDS FRIES with TOMATO SAUCE 6

BABYCINO ON THE HOUSE for ALL THE COOL KIDS FREE

ALCOHOL

NEED A DRINK?

SPEAK with OUR STAFF to ACCESS OUR OUTSTANDING LIST of AUSTRALIAN and INTERNATIONAL WINES, OUR WIDE and ECLECTIC RANGE of TOP SHELF SPIRITS and OUR EXTENSIVE RANGE of BEERS

SMOOTHIES

SNICKERS 12.5

BANANA || CHOCOLATE PROTEIN || ALMOND MILK || PEANUT BUTTER || RICE MALT

GREEN CLEANSING 12.5

BANANA || VANILLA PROTEIN || BABY SPINACH || KALE || AVOCADO || RICE MALT || ALMOND MILK

MANGO 12.5

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STRAWBERRY & LIME 10

STRAWBERRY || MANGO || FRESH MINT || LIME JUICE || COCONUT WATER (LF)

ADD PROTEIN SCOOP 3

FRAPPÉ 6

COFFEE - CHAI - CHOCOLATE

ICED COFFEE // ICED CHOCOLATE 6

SHOT of CHOICE || ICE-CREAM || MILK || ICE

MILKSHAKE REG - 4.5

CHOCOLATE - STRAWBERRY - VANILLA LRG - 6
CARAMEL

PROTEIN SHAKE with ALMOND MILK 7.5

CHOCOLATE - VANILLA

HOME-MADE LEMONADE JUG (1LITRE) 15

TRADITIONAL - LYCHEE MINT - STRAWBERRY BASIL
WATERMELON GRAPEFRUIT - ELDERFLOWER

BLOODY MARY served with CRISPY BACON 21

- VIRGIN STYLE 15

COLD DRINK

LUNCH

Gluten free bread & gluten free pasta available with any dish *surcharge applies*

Takeaway available *excludes alcohol*

THE DISPENSARY