



# Breakfast

Served daily from 7.30am - 11.45am

<b>Smoothie bowls</b>	<b>125</b>
<b>Peanut bomb</b> Granola, coconut, flaxseeds, peanut butter yoghurt, dates, apple & honey	
<b>Berry bomb</b> Berry yoghurt, chia, banana, goji, honey & granola	
<b>Raw energy bowl</b> <sup>v</sup>	<b>125</b>
Oats, dates, banana, almond milk, apple, peanut butter, cranberries & seeds	
<b>Breakfast bowl</b>	<b>128</b>
Smashed avo, salsa, hummus, chickpeas, grilled halloumi & toast	
+ 1 poached egg	<b>138</b>
<b>The fruit bowl</b>	<b>118</b>
Mango or papaya (seasonal), yoghurt, honey, chia seeds & toasted almonds	
<b>Baked green apple</b>	<b>118</b>
Stuffed with sweet almond, thick yoghurt, honey, cinnamon & pecan nuts	
<b>Granola bowl</b>	<b>125</b>
Fresh fruit salad, thick yoghurt & honey	
<b>Egg on toast</b>	<b>79</b>
+ Add bacon	<b>109</b>
<b>Piggy breakfast</b>	<b>155</b>
2 eggs, bacon, sausage, pan-fried mushrooms, 2 rostis, grilled tomato & toast	
<b>Avo smash</b>	<b>155</b>
With sourdough, smoked salmon, 2 poached eggs & Hollandaise sauce	
<b>Green omelette Caprese</b>	<b>108</b>
+ Add bacon	<b>138</b>
<b>BLT</b>	<b>105</b>
On toasted croissant with mayo & mozzarella	
+ Add free range chicken	<b>145</b>
<b>Vegan brekkie</b> <sup>v</sup>	<b>139</b>
Sourdough, avo, smoked carrot salmon, tofu & pan fried mushrooms	
<b>Flapjacks</b>	<b>105</b>
4 butter flapjacks, berry compote, cocoa, fried banana, whipped cream, coconut & syrup	
+ Add bacon	<b>135</b>
<b>French toasted croissant</b>	<b>115</b>
Cream, honey, berry compote, chocolate sc & candied nuts	
+ Add bacon	<b>145</b>
<b>Shakshuka bowl &amp; egg</b>	<b>115</b>
Peppers, onion, spice, arrabiata, feta & parmesan	
+ Add bacon	<b>145</b>
<b>Something on toast</b>	
Fresh smashed avo, flaxseeds & fresh tomato	<b>89</b>
Real anchovies, basil pesto, tomato & mayo	<b>105</b>
Creamy mushroom & parsley	<b>89</b>
+ Add egg	<b>99</b>
<b>Pan fried Kippers</b>	<b>148</b>
With 1 poached egg, Hollandaise sauce, spinach & toast	
<b>Breakfast wrap</b>	<b>139</b>
Scrambled eggs, bacon, avo & cheddar with sweet potato fries or marinated beetroot	
<b>Sticky pork belly</b>	<b>155</b>
With 1 poached egg, spinach, hollandaise & rostis	



# Lunch

Served daily from 12.15pm - 5.30pm

<b>Chardonnay Deli burger</b> (Beef / free range chicken / vegan) with melted cheese & hand cut wedges	145
<b>Free range chicken mayo wrap</b> With a side of your choice + Add avo	129 149
<b>Vegan chicken mayo wrap <sup>v</sup></b> With a side of your choice + Add avo	129 149
<b>Veggie wrap</b> With avo, feta & butternut, hummus with a side of your choice	129
<b>Vegan roti with tzatziki <sup>v</sup></b> With curried potato & chickpeas with a side of your choice	145
<b>Spring rolls &amp; dipping sauce</b> Ask waiter for todays offering	99
<b>Soup of the day with toast</b> + Add cheesy sarmie	79 135
<b>Smoked salmon bagel</b> With cream cheese, avo, capers & lettuce with a side of your choice	155
<b>Falafel bowl <sup>v</sup></b> With brown rice, roasted aubergine, salsa, avo, hummus & falafel balls	149
<b>Bali bowl <sup>v</sup></b> Roasted butternut, slaw, fried tofu, chickpeas, avo, roasted sweet potato, black rice, peanut sauce, coriander & pickled ginger	149
<b>Homemade pies or quiches</b> With a side of your choice	128
<b>BLT</b> On toasted croissant with mayo & mozzarella + Add free range chicken	105 145
<b>Charcuterie sharing board</b> Hand selected cheese & cured meats with preserves	295
<b>Sticky pork belly</b> With spinach & hand cut wedges	179
<b>Health salad</b> With avo (seeds, cabbage, tomato, cucumber, beetroot, butternut, salad, cranberries, onion) + Add roast chicken, smoked salmon or falafel	115 160
<b>Seafood penne</b> With bisque sauce, fish, calamari, mussels & prawns	169
<b>Lamb meatball penne</b> With olives, spinach, arrabbiata & parmesan	155
<b>Creamy mushroom penne</b> Lemon, parsley, cream & pan fried mushrooms	155
<b>Curry or casserole of the day</b> Please ask your waiter	179

# Something Sweet

Have a look at our cake selection in store