



Breakfast

Served daily from 7.30am - 11.45am

Power bowl	138	
Peanut butter & cocoa yoghurt, banana, apple, dates & honey		
Mini macadamia cup	99	
Macadamia nut yoghurt, granola, pear, chia, coconut & honey		
Fruit bowl	138	
Mango or papaya (seasonal), yoghurt, honey, chia seeds & toasted almonds		
Baked green apple	138	
Stuffed with sweet almond & cinnamon, thick yoghurt, honey, & caramelised almonds		
Granola bowl	138	
Fresh fruit salad, thick yoghurt & honey		
Raw energy bowl ^v	128	
Oats, dates, banana, almond milk, apple, peanut butter, cranberries & seeds		
Breakfast bowl	148	
Smashed avo, salsa, hummus, chickpeas, black rice, grilled halloumi		
Avo smash	175	
With sourdough, smoked salmon, 2 poached eggs & hollandaise sauce		
Green omelette caprese & toast	128/158	
2 Free-range eggs on toast	79/109	
French-toasted croissant or flapjacks	135	
Whipped cream, honey, berry compote, chocolate sauce & candied peanuts		
Benedict croissant	129	
Toasted croissant, 2 poached eggs, ham & hollandaise		
BLT	129	
Toasted croissant with mayo, mozzarella, lettuce & tomato		
Farmers breakfast	175	
2 Free-range eggs, bacon, sausage, pan-fried mushrooms, 2 rostis, grilled tomato & toast		
Pan-fried kipper	155	
With 1 poached free-range egg, hollandaise sauce, spinach & toast		
Sticky pork belly	175	
With 1 poached egg, spinach, hollandaise & 2 rostis		
Shakshuka bowl & egg	135/165	
Peppers, onion, spice, arrabbiata, feta & parmesan		
Vegan brekkie ^v	159	
Sourdough, smashed avo, smoked carrot salmon, tofu & pan-fried mushrooms		
Something on toast		
Fresh smashed avo, flaxseeds, fresh tomato & 3 slices of toast		99
Real whole anchovies, basil pesto, tomato & mayo on 3 slices of toast		125
Smoked salmon, cream cheese & capers on 2 slices of toast		135
Breakfast wrap	119	
2 Free-range scrambled eggs, bacon, avo & cheddar		



Lunch

Served daily from 12.15pm - 5.30pm

3 Spring rolls & dipping sauce	99
Soup of the day with toast	99
Avo & feta health salad	139
Lettuce, cabbage, tomato, cucumber, beetroot, butternut, salad, cranberries, sesame seeds, flaxseed & onion	
Health salad	175
(Free-range chicken / smoked salmon or falafel)	
Avo, lettuce, cabbage, creamy feta, tomato, cucumber, beetroot, butternut, salad, cranberries, sesame seeds, flaxseed & onion	
Chunky Greek salad	139
Cucumber, tomato, red onion, capers, feta, origanum, dill & olive oil	
Chardonnay Deli cheesy BBQ burger & side	165
BLTC	139
Toasted croissant, with mayo, mozzarella, lettuce, tomato & free-range chicken	
Homemade pies or quiches & side	148
Falafel bowl ^v	168
With brown rice, roasted aubergine, salsa, avo, hummus, falafel balls & slaw	
Mediterranean bowl	168
Black rice, smashed avo, hummus, chickpeas, tzatziki, cucumber, pickled red onion, cherry tomatoes (lamb meatballs or tofu ^v)	
Free-range chicken mayo wrap & side	149
Vegan option available	
Veggie wrap & side	149
Avo, feta, lettuce, butternut & hummus	
Roti & side ^v	149
Curried potato, chickpeas & tzatziki	
All-day omelette & toast	128/158
Smoked salmon, cream cheese, capers, lettuce & avo bagel	99
Charcuterie board for one	225
Hand-selected cheese, cured meats, baguette & preserves	
Seafood penne	199
Bisque sauce, line fish, calamari, mussels & prawns	
Creamy mushroom gnocchi	189
Parmesan, lemon, parsley, cream & cherry tomato	
Dish of the day	235
Casseroles / pork belly <i>Ask your waiter</i>	

Something Sweet

Have a look at our delicious homemade cake selection in store