



# Breakfast

Served daily from 7.30am - 11.45am

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



# Lunch

Served daily from 12.15pm - 5.30pm

<b>3 Spring rolls &amp; dipping sauce</b>	<b>99</b>
<b>Small plates</b>	<b>129</b>
Sticky chicken wings & dip or sticky baby pork ribs & dip	
<b>Soup of the day with toast</b>	<b>99</b>
<b>Chardonnay Deli cheesy BBQ burger &amp; side</b>	<b>165</b>
<b>Chardonnay Deli fish burger &amp; side</b>	<b>165</b>
<b>Avo &amp; feta health salad</b>	<b>139</b>
Lettuce, cabbage, tomato, cucumber, beetroot, butternut, salad, cranberries, sesame seeds, flaxseed & onion	
<b>Health salad</b>	<b>175</b>
<b>(Free-range chicken / smoked salmon or falafel)</b>	
Avo, lettuce, cabbage, creamy feta, tomato, cucumber, beetroot, butternut, salad, cranberries, sesame seeds, flaxseed & onion	
<b>Chunky Greek salad</b>	<b>139</b>
Cucumber, tomato, red onion, capers, feta, origanum, dill & olive oil	
<b>The Meat Flatbread</b>	<b>142</b>
Bacon, salami & olives	
<b>The Veg Flatbread</b>	<b>142</b>
Spinach, feta, olives & sundried tomatoes	
<b>All-day omelette &amp; toast</b>	<b>128/158</b>
<b>Smoked salmon, cream cheese, capers, lettuce &amp; avo bagel</b>	<b>99</b>
<b>Falafel bowl <sup>v</sup></b>	<b>168</b>
With brown rice, roasted aubergine, salsa, avo, hummus, falafel balls & slaw	
<b>Mediterranean bowl</b>	<b>168</b>
Black rice, smashed avo, hummus, chickpeas, tzatziki, cucumber, pickled red onion, tomatoes (lamb meatballs or tofu <sup>v</sup> )	
<b>Free-range chicken mayo wrap &amp; side</b>	<b>149</b>
Vegan option available	
<b>Veggie wrap &amp; side</b>	<b>149</b>
Avo, feta, lettuce, butternut & hummus	
<b>Roti &amp; side <sup>v</sup></b>	<b>149</b>
Curried potato, chickpeas & tzatziki	
<b>BLTC</b>	<b>139</b>
Toasted croissant, with mayo, mozzarella, lettuce, tomato & free-range chicken	
<b>Tempura fish &amp; chips</b>	<b>175</b>
<b>Seafood penne</b>	<b>199</b>
Bisque sauce, line fish, calamari, mussels & prawns	
<b>Creamy mushroom gnocchi</b>	<b>189</b>
Parmesan, lemon, parsley, cream & cherry tomato	
<b>Dish of the day</b>	<b>235</b>
Casseroles / pork belly <i>Ask your waiter</i>	

# Something Sweet

Have a look at our delicious homemade cake selection in store