



Breakfast Menu

Served until 11am

Muesli \$12.00 - with Tilba yoghurt, berries, honey & milk

Granola \$12.50 - with Tilba yoghurt & blueberries

Smoothie Bowl \$14.00 - blueberry & mango protein smoothie, topped with chia, coconut, granola & cranberries (can be DF)

Breakfast Salad \$16.50 - turkish toast topped with poached eggs, baby spinach, cherry tomato, feta, capsicum & balsamic reduction

Greenie Breakie Plate \$18.50 - poached eggs, quinoa, baby spinach, avocado, grilled zucchini, homemade pesto, pepitas, sprouts, alfalfa and lemon (gf)

Sweet Potato & chia fritter \$18.50 - with spinach, grilled vegetables, avocado & homemade chilli jam (ve)(gf)

Dukkah Eggs \$18.50 - turkish toast topped with grilled vegetables, goats cheese, poached eggs & our dukkah blend of spices & nuts

Evolve Mushrooms \$12.50 - cooked in thyme, garlic & olive oil, with baby spinach & Turkish toast (dairy free on request) (add poached eggs \$15.50)

Poached Eggs \$10.00 - served with Turkish toast & baby spinach

Scrambled Eggs \$12.50 - served with Turkish toast & baby spinach

Toast \$7.00 - Turkish, Rye or Fruit toast, served with butter and your choice of homemade jam, peanut butter, honey, vegemite or marmalade

We offer as a bread free option, sliced, grilled sweet potato or eggplant

Extras

BACON per rasher \$3.00

MUSHROOMS \$4.50

GRILLED HALOUMI \$4.50

SMASHED AVOCADO \$4.50

ROAST TOMATO \$3.50

GOATS CHEESE \$4.00

GLUTEN FREE TOAST AVAILABLE

CHECK OUT THE SPECIALS FOR WEEKLY SEASONAL OPTIONS



Lunch Menu

Served from 11am

Roast Vegetable Salad \$16.50 - roasted eggplant & capsicum with greens, goats cheese, almonds, pumpkin seeds & balsamic dressing (*with grilled chicken or haloumi or avocado \$22.50*)

Nourish Bowl \$16.50 - greens, pickled red cabbage, cucumber, cherry tomato, spanish onion, carrot, capsicum, alfalfa, snowpea sprouts, nuts & seeds (*with grilled chicken or haloumi or avocado \$22.50*)

Vegetable Frittata & Salad \$16.50 - eggs, cream, parmesan cheese with herbs and vegetables, served with a garden salad

Spinach & Feta Pie & Salad \$16.50 - eggs, onion, spinach, feta & tasty cheese in puff pastry served with a garden salad

Fish & Chips \$13.50 - Beer battered flathead tails & chips served with lemon and mayonnaise (with salad \$19.50)

Beer Battered Chips \$6.50 with tomato sauce, mayo or spicy mayo

Sweet Potato Chips \$8.00 with tomato sauce, mayo or spicy mayo

Potato Wedges \$8.00 - With sour cream & sweet chilli sauce

CHECK OUT THE SPECIALS FOR WEEKLY SEASONAL OPTIONS



Lunch Menu *(cont'd)*

Served from 11am

Peri Peri Chicken Burger \$16.00 - marinated free range chicken with lettuce, tomato, carrot & spicy mayo

Grilled Haloumi Burger \$16.00 - with lettuce, tomato, carrot, alfalfa & chilli jam (v)

Vege Burger \$16.00 - sweet potato & chia pattie with lettuce, tomato, carrot, homemade beetroot relish and vegan mayo (ve)

Traditional Beef Burger \$14.00 - with grilled onion, lettuce, tomato, beetroot & spicy tomato relish

Beef & Bacon Burger \$16.00 - with bacon, pineapple, beca tasty cheese, tomato, lettuce and bbq sauce

Bacon & fried egg Roll \$12.00 - with tomato or bbq sauce or spicy tomato relish (available breakfast and lunch)

Add a side of beer battered chips for \$4.50

Add a side of sweet potato chips add \$5.50

All our burgers are served on a Wild Ryes Turkish Roll

We offer as a bread free option, sliced, grilled sweet potato or eggplant

Toasties

Ham, cheese & tomato \$8.00

Cheese & tomato \$6.00

Chicken, cheese & avocado \$9.00

Ham & Cheese \$7.50

Toasted Panini

See the display fridge for the days selection



Drinks Menu

Flat white, Café Latte, Cappuccino - \$3.80 cup, \$ 4.60 mug

Hot chocolate, Mocha - \$3.80 cup, \$ 4.60 mug

Chai Latte, - \$4.30 glass, \$4.80 tall glass

Turmeric Latte - \$4.30 glass \$4.80 tall glass

Matcha Tea - \$4.30 glass \$4.80 tall glass

Long Black \$3.50 , Short Black \$3.00

Macchiato \$3.50, Affogatto \$5.00

Chai Tea pot \$5.00 - brewed with milk & served with honey

Tea pot (loose leaf) \$4.00 - English breakfast, earl grey, green, jasmine, peppermint, ginger & lemongrass, chamomile

Iced Latte \$3.80 regular glass, \$4.60 Tall glass - espresso and cold milk over ice

Traditional Iced coffee or chocolate \$6.00 - served in an old fashioned glass with vanilla ice cream, topped with whipped cream

Traditional Milkshakes \$6.00 - chocolate, vanilla, caramel, banana or strawberry made with ice cream and milk

Smoothies \$7.50 - your choice of Banana, mango, blueberry or mixed berry made with frozen yoghurt and milk

Protein Smoothies \$8.50 - with premium whey protein powder, fruit & milk (dairy free protein powder and milk on request \$9.00)

Extras - Bonsoy, lactose free, almond milk, decaf, extra shots, syrups, side of cream add 50c per item