

# eat BREAKFAST (ALL DAY)

**FRUIT TOAST** **8.5**  
with butter & your choice of housemade jam or local honey  
(dfo v)

**BIRCHER MUESLI** **14.5**  
byron bay organic muesli, apple juice, yoghurt, granola,  
fresh seasonal fruit & local honey

**BACON & EGG ROLL** **10.5**  
fried egg, bacon, hash brown, cheddar & relish (gfo dfo)

**SAUTEED MUSHROOMS & SPINACH  
ON TOAST** **11.5**  
two free range poached eggs, light rye sourdough, feta &  
caramelised balsamic (gfo dfo v)

**AVOCADO SMASH** **11.5**  
panfried haloumi, cherry tomatoes, baby spinach, sourdough  
& lemon wedges (gfo dfo v)

**FREE RANGE EGGS ON TOAST** **10.5**  
poached, fried or scrambled, light rye sourdough, roasted  
cherry tomatoes & housemade tomato relish  
(gfo dfo v)

**EGGS BENEDICT**

bacon	<b>18.5</b>	smoked salmon	<b>18.5</b>
avo	<b>17.5 (v)</b>	mushrooms	<b>17.5 (v)</b>

poached eggs, baby spinach, sourdough & housemade  
hollandaise (gfo)

**VEGETARIAN BREAKFAST** **19.5**  
poached eggs, mushrooms, avocado, haloumi, baby  
spinach, roasted cherry tomatoes, sourdough &  
housemade pesto (gfo dfo v)

**THE BIG BREAKFAST** **19.5**  
fried eggs, bacon, chipolatas, mushrooms, hash browns,  
roasted cherry tomatoes, sourdough & housemade  
tomato relish (gfo dfo)

**BUCKWHEAT BREAKFAST CREPE** **19.5**  
tomato, cheddar & zucchini filling, bacon, avo smash &  
poached egg, rocket salad & lemon wedge (gf)

**POTATO + FETA HASH CAKES** **19.5**  
w/ bacon OR smoked salmon, herbed sour cream,  
cherry tomatoes, rocket + toasted seeds  
(Vegetarian option available)

**EXTRAS**

avocado, mushrooms, baby spinach, beans	<b>3.5</b>
smoked salmon	<b>5.0</b>
hash browns, hollandaise	<b>4.0</b>
jam, vegemite, local honey	<b>1.0</b>
bacon, chipolatas, two eggs, haloumi	<b>4.0</b>
extra slice toast (your choice)	<b>2.5</b>



gf – gluten free  
dfo – dairy free option

gfo – gluten free option  
v – vegetarian

df – dairy free  
vegan – see vegan menu

# eat LUNCH (ALL DAY)

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<b>BOWL OF CHIPS</b> thick cut beer battered chips & aioli (df v)	<b>9.5</b>	<b>BEEF BURGER</b> housemade beef patty, cheddar, bacon, caramelised onion, grated beetroot, tomato, lettuce, mustard mayo, bbq sauce, turkish roll, thick cut chips & aioli (dfo)	<b>19.5</b>
<b>TOMATO, RED LENTIL, CORIANDER SOUP</b> garlic & herb sourdough, yoghurt (gfo dfo v)	<b>10.5</b>	<b>ROAST VEG &amp; HALOUMI BURGER</b>	<b>19.5</b>
<b>FRITTATA OF THE DAY &amp; SALAD</b> (gf)	<b>10.5</b>	Eggplant, pumpkin, zucchini, capsicum, sun dried tomatoes, haloumi, pesto, mayo, lettuce, turkish, thick cut chips & aioli (dfo v)	
<b>SWEET POTATO &amp; LENTIL PATTIES &amp; SALAD</b> (df v)	<b>12.5</b>	<b>BLT</b> Bacon, lettuce, tomato, housemade mayo, turkish bread, thick cut chips & aioli (dfo)	<b>18.5</b>
<b>SPINACH &amp; FETA FILO &amp; SALAD</b> (v)	<b>12.5</b>	<b>VERDE SALAD</b> avocado, cucumber, red onion, marinated artichokes, bean & alfalfa sprouts, toasted pepitas, lettuce, seeded mustard vinaigrette (gf df v)	<b>14.5</b>
<b>LAMB &amp; ROSEMARY FILO &amp; SALAD</b> (df)	<b>12.5</b>	<b>CAESAR SALAD</b> poached egg, bacon, housemade croutons, parmesan, lettuce, creamy caesar dressing (anchovies optional) (gfo dfo)	<b>15.5</b>
<b>GOURMET SANDWICHES – TOASTED</b> (gfo dfo)			
<b>#1 SHAVED HAM</b> , cheddar, tomato	<b>9.0</b>		
<b>#2 SMOKED SALMON</b> , cream cheese, avo, red onion, baby spinach	<b>12.5</b>		
<b>#3 ROAST CHICKEN</b> , avo, sundried tomato, cheddar, pesto mayo, lettuce	<b>11.5</b>		
<b>#4 REUBEN</b> , pastrami, swiss cheese, mustard mayo, sauerkraut, pickles	<b>11.5</b>		
<b>#5 SWEET POTATO &amp; LENTIL PATTY</b> , beetroot, carrot, curried tahini dressing, sweet chilli relish (v)	<b>11.5</b>		
<b>#6 CLUB SANDWICH</b> , bacon, chicken, cheddar, avo, tomato, lettuce, mayo	<b>13.5</b>		
Add a side of thick cut beer battered chips & aioli (df v)	<b>4.0</b>		



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# drink

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## Tim Adams Specialty Coffee House Blend 4.0

short, long, piccolo, macchiato, flat white, cappuccino, latte

## Molinaro Fair Trade Organic Espresso 4.0

short, long, piccolo, macchiato, flat white, cappuccino, latte

## TEA DROP LOOSE LEAF TEAS 3.5

English Breakfast	Peppermint
Earl Grey	Chamomile
Malabar Chai	Dandelion
Spring Green	Turmeric
Lemongrass & Ginger	

## HOT CHOCOLATE 4.0

## TURMERIC LATTE 4.0

turmeric spice blend, coconut milk, cinnamon

## CHAI LATTE 4.0

Chai syrup, milk, cinamon

## ICED LATTE 4.5

espresso shot, milk, ice

## ICED COFFEE, ICED CHOCOLATE 6.5

ice-cream, milk, whipped cream

## CANARINO DIGESTIVO 3.5

Lemon rind, fresh mint steeped in hot water

## EXTRAS .5

mug / espresso shot / Bonsoy / Almond / Zymil / Coconut syrups caramel / vanilla / hazelnut / chai

## JUICES 7.5

Try one of ours or get creative...

<b>Tropical</b>	pine, mango, passionfruit
<b>Orange Buzz</b>	orange, carrot, apple, ginger
<b>Veggie Patch</b>	beetroot, carrot, celery
<b>Simply Red</b>	watermelon, raspberry, mint
<b>Green Juice</b>	green apple, cucumber, celery, lemon, ginger

## SMOOTHIES 7.5

Try one of ours or get creative...

<b>Banana</b>	banana, icecream, milk, honey
<b>Lychee Cooler</b>	lychees, mint, ice
<b>Mango Lassi</b>	mango, yoghurt, honey, ice
<b>Green Smoothie</b>	spinach, banana, pineapple, mango, LSA mix, almond milk, maple syrup
<b>Triple Berry</b>	strawberry, blueberry, raspberry, icecream, milk



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# eat VEGAN (ALL DAY)

**VEGAN BIRCHER MUESLI** 15.5  
byron bay organic muesli, apple juice, coyo, granola, fresh seasonal fruit & maple syrup

**VEGAN SAUTEED MUSHROOMS & SPINACH ON TOAST** 11.5  
light rye sourdough, hash browns, caramelised balsamic (gfo)

**VEGAN AVOCADO SMASH** 11.5  
roasted cherry tomatoes, baby spinach, sourdough, lemon wedges, sautéed mushrooms (gfo)

**VEGAN BIG BREAKFAST** 18.5  
mushrooms, avocado, baby spinach, roasted cherry tomatoes, hash browns, sweet potato & lentil patty, sourdough & housemade pesto

## EXTRAS

extra slice toast (your choice of white, light rye sourdough or vegan-glutenfree bread) 2.5  
avocado, mushrooms, baby spinach, beans 3.5  
hash browns 4.0  
housemade jams, vegemite 1.0

**VEGAN BOWL OF CHIPS** 9.5  
thick cut beer battered chips

**VEGAN TOMATO, RED LENTIL, CORIANDER SOUP** 10.5  
Sourdough (gfo)

**SWEET POTATO & LENTIL PATTIES** 12.5  
garden salad

**VEGAN PANINI** 11.5  
sweet potato & lentil patty, beetroot, carrot, curried tahini dressing, sweet chilli relish, lettuce on panini

Add a side of thick cut beer battered chips 4.0

**VEGAN ROAST VEGETABLE BURGER** 19.5  
eggplant, pumpkin, zucchini, capsicum, sun dried tomatoes, avocado, pesto, lettuce, organic panini thick cut chips & tomato relish

**VERDE SALAD** 14.5  
avocado, red onion, marinated artichokes, bean & alfalfa sprouts, toasted pepitas, lettuce, seeded mustard vinaigrette (gf)

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PLEASE SPECIFY "VEGAN" WHEN ORDERING FROM THIS MENU. THANK YOU.

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