



ALL DAY MENU

ACAI ENERGY BOWL \$15(VEG, DF) GF OPTION +\$1

Ice cold acai served with house made almond and pepita granola, finished with fresh cut tropical fruit.

ADD: PEANUT BUTTER \$2 | EXTRA GRANOLA \$2.50

CHIA PUDDING \$10 (VEG, GF)

Greek style yoghurt with honey, cinnamon & chia seeds. Topped with a berry coulis.

BIRCHER MUSELI \$10 (VEG)

House made bircher topped with fresh seasonal fruit.

TOAST & BUTTER \$5 (VEG)

Your choice of toast: sourdough, multigrain, olive & rosemary, gluten free (\$0.50 extra) or bagel (\$1 extra)

ADD: JAM, VEGEMITE, HONEY OR PEANUT BUTTER \$1

FRUIT TOAST \$7 (VEG)

Served with your choice of butter, jam, or honey.

FRUIT SALAD \$9 (VEG, V, GF, DF)

Freshly cut seasonal tropical fruit.

ADD: YOGHURT \$2 | HONEY \$0.50

GRANOLA & YOGHURT \$8.50 (VEG)

House made granola with your choice of milk: full cream, soy, almond, coconut, lactose free) Finished with Greek yoghurt.

WAFFLES \$16 (VEG)

2 toasted Belgium waffles, lashed with maple syrup, house made granola & whipped cream. Finished with fresh strawberries and berry compote.

ADD: ICE CREAM \$2

EGGS BENNY:

PLAIN \$15 (VEG) | TOMATO \$16 (VEG) | BACON \$17 | SALMON \$18

Artisan sourdough topped with wilted baby spinach, soft poached eggs & napped with silky hollandaise sauce.

ADD: HASHBROWNS (2) \$3 | TRY IT ON A CROISSANT \$2

EGGS YOUR WAY \$12 (VEG)

2 free range eggs cooked fried, poached, or scrambled on your choice of local toast: sourdough, multigrain, olive & rosemary, or gluten free (extra \$0.50). Served with Cadence tomato relish.

ADD: HASHBROWNS (2) \$3 | MUSHROOMS \$4 | SALMON \$7

CADENCE BACON & EGGS \$16

Fried, poached or scrambled free range eggs with your choice of toast. Served with grilled bacon rashers & Cadence relish.

ADD: HASHBROWNS (2) \$3 | HALLOUMI \$5 | AVO \$5

BREAKFAST BURGER \$14

Grilled bacon middle rashers, soft fried egg, American cheese & Cadence relish. Finished with a smokey BBQ sauce on a fluffy milk bun.

ADD: AVO \$2.50 | HASHBROWNS (2) \$3 | DOUBLE YOUR TOPPING \$5.50

BLT \$12

Grilled bacon middle rashers, gem lettuce, sliced tomato & aioli. Served on a soft milk bun with a smokey BBQ sauce.

ADD: AVO \$2.50 | FRIED EGG \$3

CADENCE STYLE SMASHED AVOCADO \$15.5 (VEG)

Smashed avocado, cherry tomatoes, Danish feta, truffle oil & balsamic glaze. Finished with black sesame seeds on artisan sourdough.

ADD: EGG \$3 | BACON \$5

SALMON BAGEL \$16

New York style bagel topped with cream cheese, capers, dill, baby spinach, pickled onion, avocado & smoked salmon. Lightly toasted.

ADD: HASHBROWNS (2) \$3 | HALLOUMI \$5

BIG BREAKFAST \$22

2 eggs cooked your way, house made chorizo baked beans, kranski sausages, grilled bacon rashers, thyme roasted field mushrooms, golden hash browns, wilted baby spinach & grilled cherry tomatoes. Served with Cadence relish and sourdough toast.

ADD: AVO \$5

RUSTIC AVOCADO BEETS \$16.50 (VEG)

Artisan sourdough, truffled beetroot puree, smashed avocado, Danish feta, wilted spinach & walnut crumbs. Finished with a poached egg and balsamic glaze.

ADD: BACON \$5 | HASH BROWNS (2) \$3 | EXTRA POACHED EGG \$3

TOAST WITH VEGEMITE \$6 (VEG)

Choice of sourdough, multigrain, olive & rosemary, or gluten free (extra \$0.50)

KIDS BREAKFAST \$9

Grilled bacon rasher, hashbrown, kranski sausage, egg your way and toasted sourdough.

KIDS WAFFLE \$9 (VEG)

Toasted waffle, granola, maple syrup & cream. Finished with fresh strawberries.

KIDS AVO ON TOAST \$9 (VEG, DF)

Smashed avocado on sourdough.

SALT 'N' PEPPER CALAMARI \$10 (DF)

Fried calamari served with chips, garden salad & tomato sauce.

CHICKEN NUGGETS & CHIPS \$10

Golden fried chicken nuggets served with chips & tomato sauce.

CHEESEBURGER & CHIPS \$10

Grain fed beef patty with American cheese, served with chips & tomato sauce.

KIDS MENU UNDER 12

Bacon (2) \$5 | Egg \$3 | Scrambled Eggs \$6 | Kranski (2) \$5 | Ham \$4 | Smoked Salmon \$7 | Cheese \$1 | Halloumi \$5 | Hollandaise \$2.50 | Hashbrown (2) \$3 | Smashed Avocado \$5 | Grilled Cherry Tomatoes \$3 | Tomato Relish \$1 | Feta Cheese \$3 | Mushrooms \$4 | Beans \$4 | Spinach \$3

Thick Cut Chips served with aioli: Small \$4 | Large \$7

Sweet Potato Chips served with aioli: Small \$5 | Large \$8

ADD A BIT MORE



ALL DAY MENU

WEDGES \$10 (VEG, GF)

Seasoned potato wedges, served with sweet chilli sauce, sour cream and topped with shallots.

ADD BACON \$3

BEEF BURGER \$19

Grain fed beef patty, grilled bacon, American cheese, sliced beetroot, pickled onion, sliced tomato, gem lettuce & smokey BBQ sauce, on a soft milk bun & served with chips.

ADD: SWEET POTATO CHIPS \$1 | EGG \$3

CHICKEN SANDWICH \$17.50

Sous vide chicken breast, brie cheese, sliced tomato, gem lettuce, smashed avocado and aioli, served on a toasted artisan roll, served with chips.

ADD: SWEET POTATO CHIPS \$1

STEAK SANDWICH \$17.50

Rib eye fillet, pickled onion, sliced tomato, gem lettuce & buffalo mozzarella on a toasted artisan roll. Finished with house aioli and BBQ sauce, served with chips.

ADD: SWEET POTATO CHIPS \$1

MUSHROOM BURGER \$16.50 (VEG)

Crumbed field mushroom, baby gem lettuce, semi dried tomatoes, beetroot puree and smashed avocado, on a soft milk bun with house aioli. Served with chips.

ADD: SWEET POTATO CHIPS \$1

SALT 'N' PEPPER CALAMARI \$17.50 (DF)

Tender fried calamari, nestled with a gem lettuce salad of cherry tomatoes, roasted capsicum, and chilli pickled fennel. Served with house aioli and served with chips.

ADD: SWEET POTATO CHIPS \$1

THAI PRAWN SALAD \$19 (GF, DF, CN)

Traditional styled Thai salad of lettuce, cherry tomatoes, red onion, snake beans, mixed herbs, and shredded green papaya. Finished with marinated whole local prawns (3), pickled vegetables, peanuts, and fried shallots.

ADD: EXTRA PRAWNS \$4 EACH

GRILLED PUMPKIN & HALLOUMI SALAD \$17 (VEG, GF)

Baby spinach, fire roasted capsicum, kalamata olives, semi dried tomatoes, roasted pumpkin, and halloumi cheese. Finished with balsamic glaze and toasted pine nuts.

ADD: CHICKEN \$6 | STEAK \$6

SUPER FOOD SALAD \$17 (VEG, GF)

Ancient grain red quinoa, roasted pumpkin, semi dried tomatoes, baby spinach, gem lettuce, turmeric cauliflower, fetta cheese & smashed avocado. Finished with a poached egg, black sesame seeds & balsamic dressing.

ADD: CHICKEN \$6 | STEAK \$6 | HALLOUMI \$5 | BACON \$5

TUNA POKE BOWL \$19 (GF, DF)

Brown rice, wakame, pickled vegetables, edamame beans & ponzu dressing, served with rare seared tuna. Finished with wasabi mayonnaise and sesame seeds.

SMOOTHIES & SHAKES

ACAI SMOOTHIE \$9

Acai & coconut water

ADD: CHOCOLATE OR VANILLA PROTEIN \$2 | PEANUT BUTTER \$2

SMOOTHIE \$7.90

Banana | Berry | Mango

ADD: CHOCOLATE OR VANILLA PROTEIN \$2 | BANANA, BERRY OR MANGO \$2

MILKSHAKE \$6 | THICKSHAKE \$7

Caramel | Chocolate | Strawberry | Vanilla | Coffee \$0.50

ADD: WHIPPED CREAM \$0.70

COFFEE & TEA

LATTE	S: \$4.30	L: \$4.80
FLAT WHITE	S: \$4.30	L: \$4.80
CAPPUCCINO	S: \$4.30	L: \$4.80
LONG BLACK	S: \$3.90	L: \$3.90
MOCHA	S: \$4.50	L: \$5.00
ESPRESSO	\$3.90	
PICCOLO	\$4.20	
AFFOGATO	\$4.50	
SHORT MACCHIATO	\$4.10	
LONG MACCHIATO	\$4.30	
DIRTY CHAI	S: \$4.50	L: \$5.10
CHAI LATTE	S: \$4.30	L: \$4.80
TUMERIC LATTE (COCONUT)	S: \$4.70	L: \$5.50
HOT CHOCOLATE	S: \$4.50	L: \$5.00
BABYCINO	\$1.00	
EXTRA SHOT	\$0.50	
DECAF	\$0.50	
CREAM	\$0.50	
MARSHMALLOW (2)	\$0.50	

TEA	S: \$3.80	TEA FOR 2: \$6
Chai, China Green Sencha, Earl Grey, English Breakfast, Peppermint		

ICED COFFEE (ICE CREAM)	\$6.50
ADD: WHIPPED CREAM	\$0.70

ICED LATTE (ICE)	\$5.50
ADD: WHIPPED CREAM	\$0.70

ICED MOCHA (ICE CREAM)	\$7
ADD: WHIPPED CREAM	\$0.70

ICED CHAI	\$6.50
ADD: ESPRESSO SHOT	\$0.50 VANILLA SYRUP \$0.50

ICED CHOCOLATE	\$5.50
ADD: WHIPPED CREAM	\$0.70

ICED LONG BLACK	\$5.50
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ICE TUMERIC LATTE	\$6.00
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MILKS:
ALMOND, COCONUT,
LACTOSE FREE, SOY
\$0.60

SYRUPS:
CAMEL, CHAI,
HAZELNUT,
VANILLA: \$0.50

ADD A
BIT MORE

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