

lunch menu. from 11am

pulled pork burger 18.0

w crunchy hand cut slaw on a black burger bun w crunchy chips

lamb curry rolls 25.0

sri lankan lamb curry in crumbed savoury crepes w a lettuce, onion, pea and mint salad, side of yoghurt & tamarind pickle (nb : tamarind pickle may contain seeds)

calamari cashews 20.0

in a coconut chilli sauce atop jasmine rice (gf)

mediterranean

chicken salad 22.0

grilled chicken pieces w roasted capsicum, feta, baby spinach, spanish onion and semi dried tomatoes w aioli dressing (gf)

vegetarian risotto 21.0

w pumpkin, spinach, mushrooms, ecshallots, garlic & aged parmesan (gf)

chicken risotto 25.0

w chicken, pumpkin, mushrooms, ecshallots, garlic & aged parmesan (gf)

cajun salmon salad

w mango salsa 25.0

grilled Tasmanian salmon dusted w cajun atop green lettuce, onion and cucumber salad w mango salsa (gf)

v- vegetarian *v- can be made vegetarian

gf - gluten free *gf - can be made gluten free

note - swapping bread to gfree bread is an additional \$1,

this is due to the extra cost of gf bread

grilled chicken gourmet

sandwich 15.0

grilled chicken, camembert, avocado and aioli on a toasted panini (*gf)

thai green chicken curry 25.0

chicken, broccoli and green beans in a spicy house made thai green sauce w jasmine rice & coriander (gf)

steak sandwich 25.0

rib fillet steak, lettuce, tomato, cheese, caramelised onion, aioli, pommerys firemans mustard & crunchy chips

small treats and coffee snacks

banana bread w maple butter **7.0**

chocolate brownie w scoop of ice cream **8.0**

fruit toast **7.0**

carrot cake **7.0**

creme brulee **7.0**

cinnamon dusted brioche w scoop of ice cream **8.0**

feel like sharing
or just something small?
— check out our —
share menu
available from 11am

vegan menu. available all day

beetroot relish toasts (3) 14.0

beetroot relish w caramelised onions and balsamic reduction on sourdough toasts (*gf)

asparagus, pumpkin

& macadamia salad 20.5

roasted pumpkin, asparagus spears w a rocket, macadamia and spanish onion salad and swartzbrot rye toast (*gf)

avocado on sourdough 17.5

avocado dusted w sea salted sesame seeds, coriander, lime wedges, rocket and semi dried tomatoes w drizzle of Gwydir Grove olive oil (*gf)

vegan risotto 20.5

w pumpkin, spinach, mushrooms, ecshallots & garlic (gf,v)

mediterranean salad 20.5

roasted marinated capsicums, black olives, baby spinach, spanish onion, semi dried tomatoes w a balsamic reduction dressing (gf)

vegan big breakfast 26.5

grilled mushrooms, asparagus spears, avocado w a raw baby spinach, roasted pumpkin & cashew salad and side of tomato relish (gf)

banana bread 6.5

vegan banana bread

marinated capsicum w chilli 16.5

marinated capsicum in a spicy tomato, eschallot & garlic sauce w sourdough toasts (*gf)
avocado **add 4.0** mushroom **add 4.0**

vegan burger 18.0

vegetable burger pattie w lettuce, tomato, cucumber, grated carrot and relish on a black bun w crunchy chips