

Breakfast (until 12 pm)

Tuesday 11th December

SOURDOUGH OR BIODYNAMIC ESSENE BREAD

toast 7

w/organic butter and marmalade/jam/organic honey/
vegemite/raw organic choc-coconut butter/house
made almond butter

rainy day toast 11

w/a heavy drizzle of melted organic
honey-thyme-cinnamon butter

toast w/avocado and fresh tomato 14

under olive oil and coriander, chives and basil

summer on toast 18

goats chevre, seasonal tomatoes, fresh herbs, chilli
flakes and lime

the breakfast salad 12

bed of cos leaves w/ avocado cucumber sprouts
olives fresh herbs and a lemon and olive oil drizzle
+ biodynamic boiled egg 3
+ marinated goats feta 6

parmesan not-so-scrambled eggs 22

biodynamic eggs w/fresh chilli **[or]** real truffle oil.
served under shaved parmesan w/avocado, tomato,
baby spinach, fresh herbs and a choice of either
sourdough **[or]** organic basmati rice with grass fed
butter

breakfast w/gwyneth 22

sautéed white quinoa, kale and sautéed spinach
w/garlic and chilli under two fried biodynamic eggs

~~i had curry for breakfast 30~~

~~yellow fish curry w/ barramundi broccoli carrot
organic coconut milk ginger chilli coriander & basil
served on steamed organic basmati~~

SIDES

boiled biodynamic egg 3

extra virgin olive oil fried biodynamic egg 5

avocado w/olive oil and coriander 5

ricotta cheese 5

raw probiotic slow fermented kimchi pickle 5

meredith ash goats chevre 6

free range preservative-free ham 6.5

grilled haloumi 6.5

preservative-free smoked turkey 7

mixed mushroom melody 12

THINGS WITH FRUIT

the super bowl 16 t/a 14

biodynamic yoghurt w/strawberry, kiwi,
passionfruit, banana, blueberry, toasted
coconut, fresh mint and maple syrup

the fruit plate 20 t/a 18

seasonal fresh fruit w/biodynamic yoghurt and
a drizzle of agave syrup

+ coconut yoghurt 3.5

morning jumble 18

very brilliant bircher **or** crunchy granola
w/a selection of fresh, seasonal fruit,
biodynamic yoghurt and a drizzle of agave
syrup

+ coconut yoghurt 3.5

foxy porridge 16 t/a 13

pre-soaked and whisked organic steel cut oats
w/caramelised banana, toasted coconut,
blueberry, pistachio and mint drizzled with
agave, a dollop of organic clotted cream
optional (but very much recommended)

spiced banana bread 12

w/spelt flour, cardamom and cinnamon, served
toasted w/soft set raw honey and organic
butter

+ side of ricotta 4

~~caramelised lemony banana pancakes 20~~

~~banana, ricotta and biodynamic egg flourless
pancake w/maple syrup, lemon compound
butter, caramelised banana and strawberry~~

kids brekkie 5

natural organic cornflakes w/fresh fruit or kids
toast w/jam or vegemite