

Breakfast (all day)

toast - sourdough/essene/gluten free sprouted seed 8
w/organic butter marmalade/jam/organic honey/
vegemite/raw organic choc-coconut butter/house
made almond butter

rainy day toast 12
w/a heavy drizzle of melted organic honey-thyme-
cinnamon butter

toast w/avocado and fresh tomato 16
under virgin olive oil and coriander chive and basil

the breakfast salad 14
bed of cos leaves w/ avocado cucumber sprouts
olives fresh herbs and a lemon and olive oil drizzle
+ cornucopia boiled egg 3.5
+ marinated goats feta 7

summer on toast 20
goats chevre, seasonal tomatoes, fresh herbs, chilli
flakes and lime

a suitable bowl 22
warming and cleansing ayurvedic sprouted mung
dal w/ tomato turmeric chilli ginger garlic & spices
served w/ biodynamic yoghurt butter & fresh herbs
+with/without rice

parmesan not-so-scrambled eggs 24
cornucopia 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] buttery organic basmati rice

breakfast w/gwyneth 24
sautéed white quinoa, kale and sautéed spinach
w/garlic and chilli under two fried cornucopia eggs
+ substitute avocado for eggs

the third chakra 25
two turmeric-chilli fried eggs w/ slow roasted
organic garlic-ginger-turmeric-maple pumpkin carrot
& sweet potato, served w/ sautéed spinach fresh
avocado and an avocado green goddess dressing
+ substitute eggs for extra avocado

i-had-curry-for-breakfast 32
yellow fish curry w/ barramundi broccoli carrot
organic coconut milk ginger chilli coriander & basil
served on steamed organic basmati rice

blended fruit bowls 16 t/a 14
choose a blended plant base drizzled w/ raw
organic wild flower honey

the moon mint pear spinach kale banana medjool
date & lemon / **the mars** wild organic blueberry
dragon fruit banana medjool date apple & lemon
then pick three: banana / passionfruit / strawberry /
blueberry / kiwifruit / toasted coconut / crunchy
granola / raw organic cacao nib /

the fruit plate 22 t/a 20
seasonal fresh fruit w/biodynamic yoghurt & maple
+ coconut yoghurt 3.5

morning jumble 20
very brilliant bircher *or* crunchy granola
w/ fresh seasonal fruit & maple
+ coconut yoghurt 3.5

foxy porridge 16 t/a 14
soaked & whisked organic rolled oats w/
caramelised banana toasted coconut blueberry
pistachio torn mint & maple, a dollop of organic
clotted cream optional (but highly recommended)

spiced banana bread 13
spelt flour cardamom & cinnamon, served toasted
w/ raw wildflower honey & organic butter
+ side of ricotta 5

caramelised lemony banana pancakes 22
banana ricotta flourless pancake w/cornucopia egg
maple lemon butter caramelised banana &
strawberry

SIDES
boiled cornucopia egg 3.5
side avocado herb green goddess 3.5
extra virgin olive oil fried cornucopia egg 5.5
avocado w/olive oil and coriander 5.5
raw probiotic slow fermented kimchi pickle 5 .5
meredith ash goats chevre 7
sautéed breakfast spinach 6.5
free range preservative-free ham 7
grilled haloumi 7
preservative-free smoked turkey 8
mixed asian mushroom 12

