

Please inform our friendly staff if you have any dietary requirements or food allergies & we will be happy to assist and accommodate.

<b>Fruit toast or Banana Bread</b> , served with Butter, House Jam,	10
<b>Acai Bowl - (served cold)</b> Coconut, Mixed Nuts, Mixed Berries, Granola & Chia Seeds (add peanut butter 2.0)	16.5 (V)
<b>Bircher Muesli</b> - Apple, Roasted Almonds, Pistachio, Cranberry, Coconut, Apricot, Coconut Milk	15.5 (V)
<b>Lemon Pancakes</b> - Mango Compote, Raspberry Coulis, & Maple Syrup, served with Coconut Ice-Cream	21 (GF, DF, V)
<b>Two Free Range Eggs on Toast your way (add your own sides)</b>	11
<b>Rosti</b> - Pumpkin Smash & Seasonal Greens (add Free Range Egg 2.5)	20 (V)
<b>Super Summer Salad</b> - Zucchini, Cucumber, Black Rice, Cherry Tomatoes, Spiced Chickpeas, Lettuce, Carrot, Beetroot Hummus, Mint Sauce Dressing	22 (V, GF)
<b>Za'atar Smashed Avo</b> - Avo Smash, Cherry Tomato, Fetta Cheese, Crispy Spiced Chickpeas, Topped w Roquette & Za'atar Dressing (add one Free Range Egg 2.5)	20.5 (GFO, DFO, VO, VG)
<b>Bowl of Chips</b> served w House made Mayo & Tomato Sauce	9
<b>Roquette &amp; Pear Salad</b> served w Almonds, Parmesan, & House Dressing (add Free Range Chicken 6)	10 (VO)

### SIDES & EXTRAS

Extra Condiments	1	Mushroom	
Extra Toast	1.5	Spinach	
Free Range Egg	2.5	Roast Tomato	
Gluten Free Bread / Pumpkin Bread	2.5	Falafel (V)	4
Free Range Bacon / Ham	4.5	Feta	
Avocado / Smashed	4.5	Haloumi	
Moroccan Free Range Chicken	6	Potato Rosti	4.5
Smoked Salmon	6	Side Salad	4.5
		Side of Chips	4.5

V = VEGAN    VG = VEGETARIAN    GF= GLUTEN FREE    DF = DAIRY FREE    O = OPTION

PTO kids and drinks menu

### BURGERS 21.5

All Burgers are served w a side of Chips or Salad

<b>Grass Fed Beef Patty</b> - Bacon, Tomato, Lettuce, Pickles, Onion Relish, House Made Mayo, Cheese & BBQ Sauce	(GFO, DFO)
<b>Cajun Free Range Chicken</b> - Tasty Cheese, Tomato, Lettuce, Mango Salsa	(GFO, DFO)
<b>Veggie Patty</b> - Avocado, Tomato, Vegan House Made Mayo, Onion Relish, Beetroot Hummus, Vegan Cheese	(GFO, V, VG)

### BENNY'S 21 (GFO, DFO, VGO)

All Benny's are served w two Free Range Eggs & Hollandaise Sauce

<b>Benedict</b> - Smashed Avocado, Grass Fed Beef Brisket on an English Muffin
<b>Atlantic</b> - Smoked Salmon, Cream Cheese, Spinach, Caper Berries & Pickled Onion on a English Muffin
<b>Smashing Pumpkin</b> - Walnut Pesto & Sage served on Pumpkin Bread

### CIABATTA ROLLS / SOURDOUGH (GFO)

<b>Free Range Egg &amp; Bacon</b> - House Made Mayo, Onion Relish	11.5
<b>Free Range Moroccan Chicken</b> - Lettuce, House Made Mayo, Tomato, Onion Relish & Cheese	13.5
<b>BLT</b> - Free Range Bacon, lettuce & Tomato	10.5
<b>Falafel</b> - Pumpkin, Beetroot Hummus, Tomato & Lettuce (V)	10.5

### TOASTIES

W SMOKED DUTCH & MOZZARELLA OR VEGAN CHEESE (GFO)

<b>Roasted Mushroom</b> : Goats Curd & Truffle Mayo	14
<b>Haloumi</b> : Roasted Peppers, Spinach & Tomato Relish	14
<b>Grass Fed Beef Brisket</b> : Sauerkraut, Mayo & Pickles	15
<b>HCT</b> : Ham, Cheese & Tomato	14

There is a 20% surcharge on Public Holidays

## KIDS 7.5

Free Range Egg on Toast  
Free Range Ham & Cheese  
Hot Cakes w Ice Cream & Maple Syrup

Cheese Burger (Patty, Cheese, Bun & Tomato Sauce)  
Add Chips 4.5

## COLD DRINKS

<b>STRANGE LOVE (330ml)</b>	4.5
Double Ginger Beer	
Holy Grapefruit	
Lemon Squash	
Very Mandarin	
Smoked Cola	
Sparkling Mineral Water (500ml)	5.5

<b>EMMA &amp; TOM'S JUICES</b>	4.5
Straight Squeezed Pure Orange	
Pressed Cloudy Apple	
Green Power - apple, banana, passionfruit, plum, lemon, spirulina, chlorella, alfalfa, kelp, spinach	
Karma Rama - Orange juice, pineapple juice, mango puree, banana puree, passionfruit pulp, ginseng	
Bottle of Truth (600ml) still water	3

## GROWN UPS

<b><u>BEER &amp; CIDER</u></b>	8.5
Balter Hazy IPA	375ml
Peroni Nastro Azzurro	375ml
Apple Cider	375ml
<b><u>WINE</u></b>	
House White or Red - glass	8.5

<b>Mimosa</b> - Prosecco & Orange Juice	11
<b>Bloody Mary</b> - Tomato Juice, Vodka, Hot Chilli	
Vodka, & Spices (or virgin 10)	14
<b>Espresso Martini</b>	14
<b>Zonin Prosecco</b>	8.5

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## COFFEE

Espresso	3.8
Long Black / Macchiato / Flat White	
Latte / Cappuccino / Iced latte	4.6
Magic	4.8
Affogato	5.5
Mocha	4.9
Iced Mocha	7.5
Iced Coffee	7
Iced Chocolate	7
Batch Brew	4.5
Pour over (weekdays only)	6
Cold Drip	4.5

## **COFFEE ADD ON'S**

Large	.7
Extra Shot	.6
Flavoured Syrups (Fettle & Co)	
Vanilla / Caramel	.5
<b>MILK OPTIONS</b>	.6
Bonsoy	
Oat (Alternative Dairy Co.)	
Almond (Alternative Dairy Co.)	
Coconut (Milk Lab)	
Lactose Free (Milk Lab)	

## SPECIALTY

### **CALMER SUTRA CHAI (vegan)**

Chai Tea	4.8
Chai Latte	5.5
Iced Chai Latte	6
Turmeric Latte	4.6
Matcha Tea (organic)	4.6
Matcha Latte (organic)	4.8
Hot Chocolate (RFA Certified) *	4.6
Iced Chocolate (RFA Certified) *	7

### **CALMER SUTRA ORGANIC LOOSE LEAF**

	4.8
English Breakfast / Earl Grey / Green	
Peppermint / Chamomile	
Lemongrass & Ginger	

## MILKSHAKES & SMOOTHIES

### **MILKSHAKES** (600 ml)

(All natural flavouring by Fettle & Co  
**NO ARTIFICIAL COLOURING OR FLAVOURING**)

	9
Strawberry / Caramel / Chocolate	
Coffee / Honey Comb / Vanilla	

### **SMOOTHIES**

	9
Banana - Walnut, Cinnamon, Flaxseed, Honey & Almond Milk	
Green - Spinach, Banana, Apple, Mango, Lemon Juice, Spirulina, Kelp	
Flaxseed, Vegan Protein Powder, & Oat Milk	
Acai Smoothie - Blueberry, Mango, and Coconut milk (add peanut butter 2.0)	



\*RFA - Rainforest Alliance Certified