

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

| | | | | | |
|---|-----------------------------------|----|-----------|----------------------|------|
| Croissant - | Ham & Cheese | 11 | OR | Ham, Cheese & Tomato | 12.5 |
| Fruit Toast or Homemade Banana Bread , served with Butter | | | | (GF) | 12.5 |
| Two Eggs on Toast - (Add your choice of sides) | | | | | 12.5 |
| Bircher Muesli - Rolled Oats, Apricots, Cranberries, Almond, Pistachio, Poppyseed, Apple, Raspberry Coulis, House-made Jam & Fresh Berries | | | | (V) | 18 |
| | (Add Coconut Yoghurt: 3) | | | | |
| Acai Bowl - Served Semi-frozen, Nuts and Seeds Granola, Strawberries, Kiwi, Coconut Flakes & Pistachio | | | | (GF, V) | 20 |
| Vegan Waffles - Fresh Passionfruit, Lemon Syrup, Coconut Flakes & Vegan Coconut Ice-cream | | | | (GF, V) | 24 |
| Green Breakky - Multigrain Toast, Poached Eggs, Smashed Avo, Mushroom & Sautéed Spinach | | | | (GFO) | 23 |
| | (No Alterations To The Main Dish) | | | | |
| Red Bean Chilli Scramble (*) - House-made Chilli Oil, Fresh Herb & Chorizo on Sourdough Toast | | | | (DF, GFO) | 24 |
| | (Add Feta 4.5) | | | | |
| Beetroot Kofta (*) - Beetroot & Potato Kofta, Smashed Avocado, Za'atar Labne, Crispy Chickpea, Herb Salad & Hummus | | | | (GF, V) | 24 |
| | (Add an Egg 3.5) | | | | |
| Brisket Bagel Benedict - Asian-fusion Angus Beef Slow-cooked in Soy Sauce, Sauteed Spinach, Crispy Shallots & House-made Chilli Oil (*) | | | | | 25 |
| Atlantic Bagel Benedict - Smoked Salmon, Za'atar Labne, Fresh Spinach, Fried Capers & Dill | | | | | 25 |
| (Benedict are served with 2 Poached Eggs and Hollandaise Sauce, Either GFO, DFO, VGO) | | | | | |

SIDES & EXTRAS

| | | | | |
|--------------------------|-----|--------------------------|---|--|
| Extra Condiments/Sauces | 1.5 | | | |
| Extra Toast | 3 | Haloumi / Beetroot Kofta | 6 | |
| Free Range Egg | 3.5 | Bacon / Chorizo | 7 | |
| Gluten Free Bread | 3.8 | Smoked Salmon | 7 | |
| Avocado/Mushroom/Spinach | 5 | Moroccan Chicken | 7 | |
| Feta / Roast Tomato | 4.5 | Side Salad | 6 | |
| Falafel (3 pc) | 5 | Side of Chips | 7 | |

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

(*) : CONTAIN TRACES OF GARLIC

PTO KIDS AND DRINKS MENU

BURGERS 25

All Burgers are served w a side of Chips or Salad

| | | |
|--|--|------------|
| Grass Fed Beef Patty - Bacon, Lettuce, Tomato, Pickles, House Made Mayo, Cheese & BBQ Sauce | | (GFO, DFO) |
| Veggie Patty - Vegan Cheese, Lettuce, Avocado, Tomato, Vegan Mayo & Onion Relish | | (GFO, V) |

SALAD (Add Proteins: Salmon / Chicken / Egg/ Falafel 3p)

| | | | |
|--|---------------------------------|------|---------|
| Summer Salad - Roasted Beetroot, Sauteed Kale, Cranberries, Quinoa, Avocado, Walnuts, Sherry Vinegar & House Dressing | | 25 | (V, GF) |
| Cold Soba Noodle Salad - Roasted Butternut Pumpkin, Fresh Herbs, Assorted Summer Veggies, Pickled Shitake Mushroom, Crispy Chickpea, Pumpkin Hummus, Miso & Orange Dressing | | 23.5 | (V) |
| Weekly Special - | <u>Refer to Special's Board</u> | | |
| Bowl of Chips - Served w House Made Mayo & Tomato Sauce | | 14 | |

CIABATTA ROLLS / SOURDOUGH (GFO)

| | | | |
|--|--|------|-----|
| Free Range Eggs & Bacon - House Made Mayo & Onion Relish | | 15 | |
| BLAT - Bacon, Lettuce, Avocado, Tomato & House Made Mayo | | 16.5 | |
| Free Range Moroccan Chicken - House Made Mayo, Lettuce, Tomato, Onion Relish & Cheese | | 17 | |
| Falafel - House Made Mayo, Lettuce, Tomato, Pumpkin Hummus | | 16.5 | (V) |

TOASTIES (on SOURDOUGH / MULTIGRAIN / GF BREAD)

| | | |
|--|--|------|
| Roasted Field Mushroom : Goats Curd & Truffle Mayo | | 16.5 |
| Haloumi : Roasted Peppers, Spinach & Tomato Relish | | 16.5 |
| Angus Beef Brisket : Pickled Shitake & Onion Relish | | 18.5 |
| HCT : Ham, Cheese & Tomato | | 14.5 |

ALL TOASTIES w SMOKED DUTCH & MOZZARELLA OR VEGAN CHEESE (GFO)

All Chicken, Bacon and Eggs are Free Range.

There is a 20% surcharge on Public Holidays

KID'S CORNER

| | | | |
|---|-----|-------------------------|-----|
| Kid's Egg on Toast | 6.5 | | |
| Kid's Peanut Butter & Jam Bagel | 8 | Extra Waffle | 6 |
| Kid's Ham & Cheese | 9 | Extra Vanilla Ice Cream | 4 |
| Kid's Waffle, Vanilla Ice Cream & Maple Syrup | 12 | Extra Vegan Ice Cream | 4.5 |
| Cheese Burger Patty with Tomato Sauce | 10 | Extra side of Chips | 7 |

COLD DRINKS

| | |
|--|-----|
| STRANGE LOVE (330ml) | 4.6 |
| Double Ginger Beer | |
| Holy Grapefruit | |
| Lemon Squash | |
| Very Mandarin | |
| Sparkling Mineral Water (350ml) | 5 |
| Parkers Soda (330ml) zero sugar | 4.8 |
| Cola / Raspberry Soda | |

| | |
|---|-----|
| NOAH'S CREATIVE JUICES | 4.8 |
| Straight Squeezed Pure Orange | |
| Apple Juice | |
| Apples Guava, with Blackcurrant, Strawberry, Blueberry. | |
| Apple Peach with Kiwi, Mango, Lime. | |
| Pear, Mango Apple with Feijoa, Yuzu Matcha | |
| Bottle of Truth (600ml) still water | 3 |

GROWN UPS

BEER & CIDER

| | | |
|-------------|-------|-----|
| Pale Ale | 375ml | 7.5 |
| Pilsner | 375ml | |
| Apple Cider | 375ml | |

WINE

| | |
|----------------------------|---|
| House White or Red - glass | 9 |
|----------------------------|---|

Mimosa - Prosecco & Orange Juice 11

Bloody Mary - Tomato Juice, Vodka, Hot Chilli, Vodka & Spices 14 (or Virgin Mary - 10)

Espresso Martini 14

Zonin Prosecco 9

COFFEE

| | |
|-------------------------------------|-----|
| Espresso | 3.8 |
| Long Black / Macchiato / Flat White | |
| Latte / Cappuccino / Iced latte | 4.8 |
| Magic | 5.2 |
| Affogato | 6.5 |
| Mocha | 5.3 |
| Iced Mocha | 8.2 |
| Iced Coffee | 8 |
| Batch Brew | 5 |
| Pour over (weekdays only) | 7 |
| Cold Drip | 6.5 |

COFFEE ADD ON'S

| | |
|------------------------------|-----|
| Large | 0.7 |
| Extra Shot | 0.6 |
| Vanilla / Caramel / Hazelnut | 0.5 |
| Decaf | 0.3 |

MILK OPTIONS

| |
|---------------------------------|
| 0.6 |
| Bonsoy |
| Oat (Alternative Dairy Co.) |
| Almond (Alternative Dairy Co.) |
| Coconut (Alternative Dairy Co.) |
| Lactose Free (Milk Lab) |

SPECIALTY

URBAN WET CHAI (vegan)

| | |
|------------------------|-----|
| Chai Tea | 5.2 |
| Chai Latte | 6.2 |
| Iced Chai Latte | 6.7 |
| Turmeric Latte | 5.1 |
| Matcha Tea (organic) | 5.1 |
| Matcha Latte (organic) | 5.1 |
| Hot Chocolate | 5.1 |
| Iced Chocolate | 8 |

CALMER SUTRA ORGANIC TEA

| | |
|---------------------------------------|---|
| English Breakfast / Earl Grey / Green | 5 |
| Peppermint / Chamomile / | |
| Lemongrass & Ginger | |

MILKSHAKES & SMOOTHIES

MILKSHAKES 9.5

| |
|---------------------------------------|
| Strawberry / Caramel / Chocolate |
| Coffee / Honeycomb / Vanilla / Banana |

SMOOTHIES 10

Banana - Walnut, Cinnamon, Flaxseed, Agave & Almond Milk (V)

Green - Spinach, Banana, Apple, Pear, Lemon Juice, Spirulina, Flaxseed, Super Green Powder & Oat Milk (V)

Acai - Blueberry, Mango, & Coconut milk (add Peanut Butter 3) (V)

Pina Colada - Pineapple, Coconut Ice-cream, Coconut milk, & flaxseed (V)
(Be Naughty - Add Malibu or Vodka 7)

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