

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					24
	(Add Feta 4.5)			(DF, GFO)	
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
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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				(V)	16.5

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
Saba Sodas (Organic & 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

<u>BEER & CIDER</u>	7.5
Pale Ale	375ml
Pilsner	375ml
Apple Cider	375ml

WINE

House White or Red - glass	9
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Mimosa - Prosecco & Orange Juice	11
Bloody Mary - Tomato Juice, Vodka, Hot Chilli, Vodka & Spices (or Virgin Mary - 10)	14
Espresso Martini	14
Zonin Prosecco	9
Aperol Spritz	14

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COFFEE

Espresso	3.8
Long Black / Macchiato / Flat White	
Latte / Cappuccino / Iced latte	4.95
Magic	5.3
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

STICKY WET CHAI

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	5.2
Iced Chocolate	8

CALMER SUTRA ORGANIC TEA

5
English Breakfast / Earl Grey / Green 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)
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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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