

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

<b>Croissant -</b>	Ham & Cheese	12	<b>OR</b>	Ham, Cheese & Tomato	13
<b>Carrot &amp; Walnut Cake or Banana Bread</b> , served with Butter				<b>(GF)</b>	13
<b>Two Eggs on Toast</b> - Poached / Scrambled / Fried		12.5			
	<b>(Add your choice of sides)</b>				
<b>Belgian Waffle</b> - Espresso Mascarpone, Poached Apple, Blackberries Coulis, Fresh Berries & Coconut Ice-cream		24		<b>(GF, VO)</b>	
<b>Acai Bowl</b> - Served Semi-frozen, Nuts and Seeds Granola, Strawberries, Kiwi, Coconut Flakes & Pistachio <b>(Add Peanut Butter: 3)</b>		20.5		<b>(GF, V)</b>	
<b>Sweet Potato Hash (*)</b> - Quinoa, Smashed Avo, Pumpkin Hummus, Dill Oil & House Salad <b>(Add your choice of sides)</b>		24		<b>(GF, V)</b>	
<b>Green Breakky</b> - Multigrain Toast, Poached Eggs, Smashed Avo, Mushroom & Sautéed Spinach <b>(No Alterations To The Main Dish)</b>		23		<b>(GFO)</b>	
<b>Red Bean Chilli Scramble (*)</b> - House-made Chilli Oil, Fresh Herb & Chorizo on Sourdough Toast <b>(Add your choice of sides)</b>		24		<b>(DF, GFO)</b>	
<b>Baked Meatballs (*)</b> - Pork and Apple Meatballs, Sugo, Feta Crumble w Sourdough <b>(GFO)</b>		25			
<b>Classic Bagel Benny</b> - Double-Smoked Bacon, Sauteed Spinach		24			
<b>Atlantic Bagel Benny</b> - Smoked Salmon, Whipped Cream Cheese, Roquette, Fried Capers & Dill Oil		25			

**(Benedict are served with 2 Poached Eggs and Hollandaise Sauce) - (GFO, DFO)**

### SIDES & EXTRAS

Extra Condiments/Sauces	1.5			
Extra Toast	3	Haloumi	6	
Free Range Egg	3.5	Bacon / Chorizo	7	
Gluten Free Bread	2.8	Smoked Salmon	7	
S.Potato Hash/ Roast Tomato	4.5	Moroccan Chicken (*)	7	
Avocado/Mushroom/Spinach	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*

<b>Grass Fed Beef Patty</b> - Bacon, Oakleaf Lettuce, Tomato, Pickles, House Made Mayo, American Cheddar & BBQ Sauce	<b>(GFO, DFO)</b>
<b>Veggie Patty</b> - Vegan Cheese, Roquette, Avocado, Tomato, Vegan Mayo & Tomato Relish	<b>(GFO, V)</b>
<b>Warm Winter Salad</b> - Roasted Brussel Sprouts, Asparagus, Almond, Quinoa, Avocado, Snow Peas Tendrils, Goji Berries & Sherry Dressing <b>(Add your choice of Proteins: Salmon - 7 / Chicken - 7 / Falafel - 5)</b>	25 <b>(V, GF)</b>
<b>Winter Soup</b> - <u>Refer to Staff Member for flavour, Comes with Sourdough Toast</u>	<b>(GFO)</b> 16
<b>Bowl of Chips</b> - Served w House Made Mayo & Tomato Sauce	14

### CIABATTA ROLLS / SOURDOUGH (GFO)

<b>Free Range Eggs &amp; Bacon</b> - House Made Mayo & Onion Relish	15.5
<b>BLAT</b> - Bacon, Lettuce, Avocado, Tomato & House Made Mayo	16.5
<b>Falafel</b> - House Made Mayo, Roquette, Tomato, Avo & Pumpkin Hummus <b>(V)</b>	16.5
<b>Free Range Moroccan Chicken</b> - House Made Mayo, Lettuce, Tomato, Onion Relish & Cheese	17
<b>Roast Beef</b> - Roquette, Seeded Mustard, American Cheddar, Caramelized Onion <b>(Not GF)</b>	19

### TOASTIES (on SOURDOUGH / MULTIGRAIN / GF BREAD)

<b>HCT</b> - Ham, Cheese & Tomato	15
<b>Haloumi</b> - Roasted Peppers, Spinach & Tomato Relish	16.5
<b>Roasted Field Mushroom</b> - Goats Curd & Truffle Mayo	16.5
<b>Tuna Melt</b> - House-made Tuna Mix, Spanish Onion, Dill, Spinach, American Cheddar	18
<b>12-hour Braised Pork Belly</b> - Pickled Shallots & Kimchi	18.5

**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 Buttet & 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

<b>STRANGE LOVE (330ml)</b>	4.6
Double Ginger Beer	
Holy Grapefruit	
Lemon Squash	
Very Mandarin	
Sparkling Mineral Water (350ml)	5
<b>Saba Sodas (Organic &amp; zero sugar)</b>	4.8
Cola / Raspberry Soda	

<b>NOAH'S CREATIVE JUICES</b>	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

<b><u>BEER &amp; CIDER</u></b>	7
Pale Ale	375ml
Pilsner	375ml
Apple Cider	375ml

### WINE

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

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## COFFEE

Espresso	3.8
Long Black / Macchiato / Flat White	
Latte / Cappuccino / Iced latte	5
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**

Bonsoy	0.6
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**

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

## MILKSHAKES & SMOOTHIES

### **MILKSHAKES**

Strawberry / Caramel / Chocolate	9.5
Coffee / Honeycomb / Vanilla / Banana	

### **SMOOTHIES**

<b>Raspberry Ripe</b> - Raspberries, Mango, Almond Butter, Coconut Yoghurt, Chocolate & Almond Milk	10.5
	(V)

<b>Banana</b> - Walnut, Cinnamon, Flaxseed, Agave & Almond Milk	(V)
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<b>Green</b> - Spinach, Banana, Apple, Pear, Lemon Juice, Spirulina, Flaxseed, Super Green Powder & Oat Milk	(V)
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<b>Acai</b> - Blueberry, Mango, & Coconut milk (add Peanut Butter 3)	(V)
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