

eat BREAKFAST (ALL DAY)

FRUIT TOAST 9.5
with butter & your choice of housemade jam or local honey
(dfo v)

BIRCHER MUESLI 15.5
byron bay organic muesli, apple juice, yoghurt, granola,
fresh seasonal fruit & local honey

BACON & EGG ROLL 10.5
fried egg, bacon, hash brown, cheddar & relish (gfo dfo)

SAUTEED MUSHROOMS & SPINACH ON TOAST 12.5
two free range poached eggs, light rye sourdough, feta &
caramelised balsamic (gfo dfo v)

AVOCADO SMASH 12.5
panfried haloumi, cherry tomatoes, baby spinach, sourdough
& lemon wedges (gfo dfo v)

FREE RANGE EGGS ON TOAST 10.5
poached, fried or scrambled, light rye sourdough, roasted
cherry tomatoes & housemade tomato relish
(gfo dfo v)

EGGS BENEDICT

bacon	19.5	smoked salmon	19.5
avo	18.5 (v)	mushrooms	18.5 (v)

poached eggs, baby spinach, sourdough & housemade
hollandaise (gfo)

VEGETARIAN BREAKFAST 21.5
poached eggs, mushrooms, avocado, haloumi, baby
spinach, roasted cherry tomatoes, sourdough &
housemade pesto (gfo dfo v)

THE BIG BREAKFAST 21.5
fried eggs, bacon, chipolatas, mushrooms, hash browns,
roasted cherry tomatoes, sourdough & housemade
tomato relish (gfo dfo)

BUCKWHEAT BREAKFAST CREPE 21.5
tomato, cheddar & zucchini filling, bacon, avo smash &
poached egg, rocket salad & lemon wedge (gf)

POTATO + FETA HASH CAKES 21.5
w/ bacon OR smoked salmon, herbed sour cream,
cherry tomatoes, rocket + toasted seeds
(Vegetarian option available)

EXTRAS

avocado, mushrooms, baby spinach, beans	4.5
smoked salmon	6.0
hash browns,	5.0
jam, vegemite, local honey	1.0
bacon, chipolatas, two eggs, haloumi	5.0
extra slice toast (your choice)	3.0



gf – gluten free
dfo – dairy free option

gfo – gluten free option
v – vegetarian

df – dairy free
vegan – see vegan menu

eat LUNCH (ALL DAY)

BOWL OF CHIPS thick cut beer battered chips & aioli (df v)	10.5	BEEF BURGER housemade beef patty, cheddar, bacon, caramelised onion, grated beetroot, tomato, lettuce, mustard mayo, bbq sauce, turkish roll, thick cut chips & aioli (dfo)	21.5
TOMATO, RED LENTIL, CORIANDER SOUP garlic & herb sourdough, yoghurt (gfo dfo v)	11.5	ROAST VEG & HALOUMI BURGER Eggplant, pumpkin, zucchini, capsicum, sun dried tomatoes, haloumi, pesto, mayo, lettuce, turkish, thick cut chips & aioli (dfo v)	21.5
FRITTATA OF THE DAY & SALAD (gf)	11.5	BLT Bacon, lettuce, tomato, housemade mayo, turkish bread, thick cut chips & aioli (dfo)	19.5
SWEET POTATO & LENTIL PATTIES & SALAD (df v)	13.5	VERDE SALAD avocado, cucumber, red onion, marinated artichokes, bean & alfalfa sprouts, toasted pepitas, lettuce, seeded mustard vinaigrette (gf df v)	16.5
SPINACH & FETA FILO & SALAD (v)	13.5	CAESAR SALAD poached egg, bacon, housemade croutons, parmesan, lettuce, creamy caesar dressing (anchovies optional) (gfo dfo)	18.5
LAMB & ROSEMARY FILO & SALAD	13.5		
GOURMET SANDWICHES – TOASTED (gfo dfo)			
#1 SHAVED HAM , cheddar, tomato	9.5		
#2 SMOKED SALMON , cream cheese, avo, red onion, baby spinach	13.5		
#3 ROAST CHICKEN , avo, sundried tomato, cheddar, pesto mayo, lettuce	12.5		
#4 REUBEN , pastrami, swiss cheese, mustard mayo, sauerkraut, pickles	12.5		
#5 SWEET POTATO & LENTIL PATTY , beetroot, carrot, curried tahini dressing, sweet chilli relish (v)	12.5		
#6 CLUB SANDWICH , bacon, chicken, cheddar, avo, tomato, lettuce, mayo	14.5		
Add a side of thick cut beer battered chips & aioli (df v)	5.0		



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drink

Tim Adams Specialty Coffee House Blend 4.0

short, long, piccolo, macchiato, flat white, cappuccino, latte

Molinaro Fair Trade Organic Espresso 4.0

short, long, piccolo, macchiato, flat white, cappuccino, latte

TEA DROP LOOSE LEAF TEAS 3.5

English Breakfast	Peppermint
Earl Grey	Chamomile
Malabar Chai	Dandelion
Spring Green	Turmeric
Lemongrass & Ginger	

HOT CHOCOLATE 4.0

TURMERIC LATTE 4.0

turmeric spice blend, coconut milk, cinnamon

CHAI LATTE 4.0

Chai syrup, milk, cinamon

ICED LATTE 4.5

espresso shot, milk, ice

ICED COFFEE, ICED CHOCOLATE 6.5

ice-cream, milk, whipped cream

CANARINO DIGESTIVO 3.5

Lemon rind, fresh mint steeped in hot water

EXTRAS .5

mug / espresso shot / Bonsoy / Almond / Zymil / Coconut/ Oat
syrups caramel / vanilla / hazelnut / chai

JUICES 8.0

Try one of ours or get creative...

Tropical	pine, mango, passionfruit
Orange Buzz	orange, carrot, apple, ginger
Veggie Patch	beetroot, carrot, celery
Simply Red	watermelon, raspberry, mint
Green Juice	green apple, cucumber, celery, lemon, ginger

SMOOTHIES 8.0

Try one of ours or get creative...

Banana	banana, icecream, milk, honey
Lychee Cooler	lychees, mint, ice
Mango Lassi	mango, yoghurt, honey, ice
Green Smoothie	spinach, banana, pineapple, mango, LSA mix, almond milk, maple syrup
Triple Berry	strawberry, blueberry, raspberry, icecream, milk



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eat VEGAN (ALL DAY)

VEGAN BIRCHER MUESLI 16.5
byron bay organic muesli, apple juice, coyo, granola, fresh seasonal fruit & maple syrup

VEGAN SAUTEED MUSHROOMS & SPINACH ON TOAST 12.5
light rye sourdough, hash browns, caramelised balsamic (gfo)

VEGAN AVOCADO SMASH 12.5
roasted cherry tomatoes, baby spinach, sourdough, lemon wedges, sautéed mushrooms (gfo)

VEGAN BIG BREAKFAST 21.5
mushrooms, avocado, baby spinach, roasted cherry tomatoes, hash browns, sweet potato & lentil patty, sourdough & housemade pesto

EXTRAS

extra slice toast (your choice of turkish, sourdough, glutenfree bread) 3.0
avocado, mushrooms, baby spinach, beans 4.5
hash browns 5.0
housemade jams, vegemite 1.0

VEGAN BOWL OF CHIPS 10.5
thick cut beer battered chips

VEGAN TOMATO, RED LENTIL, CORIANDER SOUP 11.5
Sourdough (gfo)

SWEET POTATO & LENTIL PATTIES 13.5
garden salad

VEGAN PANINI 12.5
sweet potato & lentil patty, beetroot, carrot, curried tahini dressing, sweet chilli relish, lettuce on panini

Add a side of thick cut beer battered chips 5.0

VEGAN BURGER 21.5
eggplant, pumpkin, zucchini, capsicum, sun dried tomatoes, avocado, pesto, lettuce, organic panini thick cut chips & tomato relish

VERDE SALAD 16.5
avocado, red onion, marinated artichokes, bean & alfalfa sprouts, toasted pepitas, lettuce, seeded mustard vinaigrette (gf)

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PLEASE SPECIFY "VEGAN" WHEN ORDERING FROM THIS MENU. THANK YOU.

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