

Granola Bowl ©☉☉ (Contains nuts) **\$20**
House-made granola with seasonal fruit and coconut yoghurt topped with freeze dried raspberry. Served with your choice of milk (Almond, Oat, Coconut, Soy, Blue or Trim).

Not Just Eggs ©☉☉ (Contains nuts) **\$19.5**
Two poached eggs served with beetroot, garlic, and lemon hummus, our house-made chutney and finished with a drizzle of balsamic glaze. Served alongside your choice of Grizzly multigrain or seeded sourdough toast. **Add | Smoked Streaky Bacon +\$7 | House-Smoked Salmon +\$9 | Falafel bites+\$6.50**

Eggs Benedict ©☉☉ (Contains nuts)
Two poached eggs served on a lightly toasted English muffin, topped with zesty lemon hollandaise, a drizzle of balsamic glaze, and house-made pesto herb oil. Served with your choice of: **Smoked Streaky Bacon \$27 | Southern Fried Chicken \$27 | House Smoked Salmon \$28 | Braised Beef Cheek \$27 | Mushrooms cooked with coconut cream, basil pesto diced sundried tomato served with Baby Spinach \$25 |**

Buttermilk Waffles ©☉☉
House-made buttermilk waffles served with maple syrup and your choice of: **Southern Fried Chicken \$25.5 | Smoked Streaky Bacon and Banana \$24.5 | Vegan Coconut Ice Cream & Seasonal fruit \$25 | Rhubarb and Orange Compote and Vegan Coconut Ice Cream \$24**

Summer Big Breakfast ©☉ (Contains nuts) **\$29**
Two eggs cooked your way, served with bacon, chorizo, house-made hash, roasted tomato, creamy coconut pesto & sundried tomato mushrooms and seasonal pickled vegetables. Served with your choice of multigrain or seeded sourdough toast.

Vegetarian Breakfast ©☉☉ (Contains nuts) **\$27.5**
Two eggs cooked your way, served with grilled halloumi, house-made hash, creamy coconut pesto & sundried tomato mushrooms, roasted tomato, avocado, seasonal pickled vegetables. Served on your choice of multigrain or seed sourdough toast.

Vegan Breakfast ©☉☉ (Contains nuts) **\$27**
Falafel bites, house-made hash, vegan cream cheese, creamy coconut sundried tomato & pesto mushrooms, roasted tomato, avocado, baby spinach, and seasonal pickled vegetables. Served on your choice of multigrain or sourdough toast.

Omelette ©☉ **\$20**
A two-egg omelette, with your choice of **three fillings**: Ham, Cheese, Spinach, Bacon, creamy coconut pesto sundried tomato mushrooms, tomato, caramelised onion. **Add | Toast \$3 | Kimchi \$4 | Add hollandaise +\$4.5 |**

Southern Fried Chicken © (☉ on request) **\$25**
Buttermilk southern fried chicken, coleslaw with pumpkin seeds and currents, served with chipotle mayo, sriracha sauce and fries, garnished with seasonal pickled vegetables. **|Swap Fries for Kumara Fries +\$3|**

Open Sandwich
Open sandwich with seasonal greens, avocado, tomato, caramelised onion, tomato relish, aioli & chimichurri sauce on either Grizzly multigrain or seeded sourdough toast. Served with fries and your choice of: **Smoked Streaky Bacon \$27 | Southern Fried Chicken \$27 | Falafel Bites (Vegan) \$25 | Braised Beef Cheek \$27**

Open Bagel ©☉☉ **\$14.5**
Seeded mixed grain bagel topped with house-made vegan cream cheese, chimichurri sauce, fresh greens, sliced tomato and a drizzle of balsamic glaze. **Add | Smoked Streaky Bacon +\$7 | Southern Fried Chicken +\$7.0 | House-Smoked Salmon +\$9 | Falafel Bites (Vegan) +\$6.5**

Summer Salad ©☉☉ (Contains nuts) **\$19.5**
Summer salad with seasonal greens, fennel, cherry tomatoes, quinoa, apple, capsicum and mung bean, beetroot hummus and vegan cream cheese, sprinkled with dukkha, house made vinaigrette, and balsamic glaze. **Add | Smoked Streaky Bacon +\$7 | Southern Fried Chicken +\$7.0 | House-Smoked Salmon +\$9 | Falafel Bites (Vegan) +\$6.5**

Mediterranean Style Health Bowl (Contains nuts) **\$21.5**
A health bowl with house-made beetroot, garlic, and lemon hummus, vegan cream cheese, our seasonal chutney, with a fresh fennel and apple-infused slaw, cherry tomatoes, carrot ribbons, capsicum, olives, and artichoke hearts. Finished with a light vinaigrette and served with, house-baked cumin & sea salt tortilla chips, **Add | Southern Fried Chicken+\$7.0 | Herb & Confit Garlic Smoked Salmon +\$9 | Falafel Bites (Vegan) +\$6.5 | Poached Egg +\$3 | Braised Beef Cheek \$7 ©☉☉**

Avocado smash ©☉☉ (Contains nuts) **\$23**
Rustic smashed avocado with a squeeze of fresh lemon, juicy cherry tomatoes, and a sprinkle of dukkha. Layered with crisp seasonal greens, tangy house-made pickles, and a touch of vegan cream cheese. All served on your choice of Grizzly multi-grain or seeded sourdough toast, finished with a drizzle of balsamic glaze. **Add | Smoked Streaky Bacon +\$7 | Southern Fried Chicken +\$7.0 | House-Smoked Salmon +\$9 | Falafel Bites (Vegan) +\$6.5 | Poached Egg +\$3**

Soft Shell Tacos ©☉☉
Filled with slaw & aioli, finished with crispy shallots, seasonal pickled vegetables, sriracha and chimichurri sauce and your choice of: **Southern Fried Chicken \$23 | Falafel Bites (Vegan) \$22 | Braised beef cheek \$24 |**

Snack Menu

Bowl of Fries ©☉☑

Served with house made aioli, tomato sauce and your choice of herb salt or plain salt.

Small \$7.5
Large \$12.0

Loaded Fries (meat and cheese) add \$8

topped with Braised beef cheek gravy and cheese

Topped with Bacon and cheese BBQ sauce

Topped with southern fried chicken and cheese & chipotle mayo

Bowl of Kumara Fries ☉☉☑ \$14.5

Topped with sour cream and sweet chilli.

Loaded Kumara Fries (meat and cheese) add +\$8

(ask the friendly team what the meat is today) topped with BBQ sauce and melted cheese.

Falafel Bites ©☉☑ \$15.5

Served with roast pumpkin cumin-garlic hummus and sweet chilli.

Snack Size Crispy Chicken ©☉ \$18.5

Served with chipotle mayo.

Mozzarella Sticks \$10.5

Served with your choice of sauce.

****** Allergy Notice- Please let our team know of any allergies prior to ordering ******

Additional charges apply for variations to menu items, including Gluten Free and Dairy Free substitutions.

☉ Gluten Free Friendly on Request

☉ Dairy Free on Request ☑ Vegetarian on Request

*Chimichurri sauce contains coriander

** Southern Fried Chicken can be Dairy Free on request**

Whilst every possible care has been taken in preparing our gluten free food, contact with gluten may still occur as equipment is shared

Please refer to Blackboard for Coffee Options

Kid's Menu

(12 years and under)

Egg on Toast ©☉☑ \$9.5

One free range egg your way on sourdough.

Mini Waffle ©☉☑ \$12.5

Rolled in cinnamon sugar served with whipped cream and maple syrup. **Add | Smoked Streaky Bacon +\$4 | Southern Fried Chicken +\$4.5 |**

Mozzarella stick and Chips \$13.5

Mozzarella sticks and chips served with tomato sauce.

Chicken and Chips ©☉ \$14.5

Southern fried chicken, chips, and tomato sauce.

Ham and Cheese Toastie with Chips © \$14.5

DRINKS

HOT DRINKS

Blackcurrant, Lemon Honey & Ginger

LOOSE LEAF TEAS

English Breakfast, Earl Grey, Sencha, Tokyo Lime, Peppermint, Chamomile, Red Vanilla Raspberry (rooibos), Berrylicious.

ICED DRINKS

Iced Chocolate

Iced Chai

Iced Coffee

Iced Mocha

Iced Matcha

Kids Iced Choc

Iced Latte

Iced Americano

SMOOTHIES

Berry

Banana

Mango & Passionfruit

Green Goodness

Kids Berry

Kids Banana

ENERGY SLUSHY

Blackcurrant & Tahitian lime

Peach & mango,

Watermelon & Tahitian lime

MILKSHAKES

Chocolate, Vanilla, Caramel, Toffee, Salted Caramel, Coffee, Butterscotch, Banana, Strawberry, Raspberry, Lime, Spearmint