

BREAKFAST

FROM 7AM

LUNCH

FROM 11AM

PLEASE ORDER AT THE COUNTER

SOURDOUGH (NF | GFO | EF | DFO | V) **\$10**

Local sourdough, toasted to golden perfection, served with Vegemite, local honey, or seasonal spreads.

● Protein 11g | ● Fibre 5g | ● Saturated Fat 3.2g | ● Sodium 220mg

EGGS YOUR WAY (NF | GFO | DFO) **\$14**

Two free-range eggs served on freshly toasted sourdough. Poached, Fried, Scrambled

● Protein 20g | ● Fibre 4g | ● Saturated Fat 4.2g | ● Sodium 380mg

BIRCHER MUESLI (EF | DFO | VGO) **\$16**

Creamy bircher muesli made with rolled oats, Greek yoghurt, pineapple juice, grated apple, dried cranberries, sunflower seeds, pepitas & chia seeds, topped with berry compote, and fresh berries.

● Protein 20g | ● Fibre 11g | ● Saturated Fat 3g | ● Sodium 120mg

THE EASY OAR BACON & EGG ROLL (NF | GFO | DFO) **\$18**

Crispy bacon, a golden egg and melty cheddar tucked into a toasted roll with our house-made tomato sauce.

● Protein 27g | ● Fibre 3g | ● Saturated Fat 7g | ● Sodium 720mg

SMOKEY MUSHROOM BRUSCHETTA (NF | GFO | EF) **\$21**

Toasted sourdough topped with garlic sautéed mushrooms, whipped marinated goat's cheese, fresh herbs, dukkah and extra virgin olive oil.

● Protein 18g | ● Fibre 6g | ● Saturated Fat 5.2g | ● Sodium 340mg

SMASHED AVO (NFO | GFO | EF | V) **\$22**

Smashed avocado with whipped marinated goat's cheese, cherry tomatoes, pomegranate arils, balsamic glaze & house made dukkah on toasted sourdough.

● Protein 15g | ● Fibre 10g | ● Saturated Fat 5.5g | ● Sodium 280mg

GRANOLA BOWL (EF | GFO | DFO | V | VGO) **\$22**

Crunchy house-made granola layered with creamy Greek yoghurt*, fresh seasonal fruit, sliced banana, a drizzle of honey, and a sprinkle of toasted seeds or nuts.

*Coconut Yoghurt for a Vegan Option

● Protein 22g | ● Fibre 9g | ● Saturated Fat 5g | ● Sodium 180mg

ROASTED PUMPKIN & BURRATA SALAD (NF | GF | EF | V) **\$22**

Sweet roasted pumpkin, shaved fennel, creamy burrata, citrus, fresh cherry tomatoes and fresh herbs, finished with fresh brussels sprout leaves and balsamic glaze.

● Protein 18g | ● Fibre 9g | ● Saturated Fat 5.6g | ● Sodium 340mg

POKE BOWL (NF | EF | GFO | DFO | VO | VGO) **\$24**

Rice, avocado, cucumber, edamame, carrot, radish, fresh chilli, spring onion, sesame seeds and nori with soy-lime dressing.

Choose one: Grilled Salmon | Grilled Chicken | Marinated Tofu

● Protein 38g | ● Fibre 8g | ● Saturated Fat 3g | ● Sodium 480mg | -Ω Omega-3

BEEF SMASH TACO (NFO | GFO | EF | V) **\$24**

3 smash beef tortilla tacos loaded with melted cheese, caramelised onions, shredded lettuce and house burger sauce.

● Protein 42g | ● Fibre 7g | ● Saturated Fat 6.8g | ● Sodium 670mg

LOADED SWEET POTATO WITH SPICED BEEF & SALSA (NF | GF | EF) **\$26**

Roasted sweet potato topped with spiced beef, tomato, cucumber, avocado & coriander salsa, Greek yoghurt, feta, nigella seeds and lime.

● Protein 36g | ● Fibre 11g | ● Saturated Fat 4.6g | ● Sodium 390mg

FISH & CHIPS (NF | EF | V) **\$26**

Battered Flathead served with chunky chips, garden salad and house tartare.

● Protein 35g | ● Fibre 8g | ● Saturated Fat 3.6g | ● Sodium 480mg

STEAK SANDWICH (NFO | GFO | EFO) **\$28**

Grilled steak, caramelised onions and house-made pickles on toasted roll with house-made mayo. Served with chips

● Protein 46g | ● Fibre 7g | ● Saturated Fat 5.6g | ● Sodium 590mg

PLEASE INFORM US IF YOU HAVE A FOOD ALLERGY**DIETARY OPTIONS - EGG FREE (EF) | GLUTEN FREE (GFO) | DAIRY FREE (DFO) | VEGETARIAN (V) | VEGAN (VGO) | NUT FREE (NF)**

NOTE: MODIFICATIONS MAY NOT BE AVAILABLE FOR ALL MENU ITEMS

ADD-ONS

Bacon | Smoked Salmon | Avocado | Mushroom | Tofu | Wilted Greens | Halloumi | Egg | Tomato | Goats Cheese | Bowl of Chips **+\$5**Feta | Fresh Chilli | Dried Chilli | Maple Syrup | Olives | Hollandaise Sauce **+\$3**

SPECIAL

'RED SHEDDERS ONLY'
BREAKFAST PICK & COFFEE TILL 11AM
LUNCH PICK FROM 11AM

\$20

COFFEE

ALL DAY

CAPPUCCINO	\$5 / \$6.50
FLAT WHITE	
LATTE	
MOCHA	
HOT CHOCOLATE	
CHAI LATTE	
LONG BLACK	

PICCOLO	\$5
ESPRESSO	\$4

ICED LATTE	\$7
ICED LONG BLACK	\$7
ICED COFFEE WITH VANILLA ICE CREAM	\$8
MILK SHAKES CHOCOLATE STRAWBERRY VANILLA	\$8

SPECIALITY DRINKS

ICED MATCHA	\$8
ICED STRAWBERRY MATCHA	\$10
EARL GREY ICED MATCHA	\$10
VANILLA COLD FOAM MATCHA	\$11
ICED TIRAMISU MATCHA	\$12
TIRAMISU COLD BREW	\$11
SALTED MAPLE MONT BLANC	\$11

TEA

ALL DAY

HOUSE-MADE CHAI TEA	\$8
Freshly Brewed Tea	\$6
ENGLISH BREAKFAST, EARL GREY, PEPPERMINT, GREEN	

WELLNESS BAR

ALL DAY

FRESH PRESSED JUICE

\$10

ORANGE

GLOWING GREEN CELERY, KALE, GREEN APPLE, CUCUMBER, SPINACH & MINT

PROTEIN SMOOTHIES

POWER CHOC PROTEIN

\$10

BANANA, MILK, WHEY PROTEIN, COCOA, HONEY

● Protein 52g | ● Fibre 4g | ● Saturated Fat 2g | ● Sodium 280mg

BLUE GREEN ALGAE

\$18

MANGO, BANANA, AVOCADO, LEMON, BLUE SEA MOSS, BLUE SPIRULINA COCONUT CREAM, PROTEIN POWDER, MAPLE SYRUP, ALMOND MILK

● Protein 27g | ● Fibre 9g | ● Saturated Fat 5.4g | ● Sodium 190mg

STRAWBERRIES & CREAM

\$18

STRAWBERRIES, BANANA, AVOCADO, LEMON, SEA MOSS, COLLAGEN, PROTEIN POWDER, COCONUT CREAM, ALMOND MILK, MAPLE SYRUP

● Protein 28g | ● Fibre 8g | ● Saturated Fat 5.8g | ● Sodium 180mg

MANGO MANGO

\$18

MANGO, LIME, BANANA, COCONUT CREAM, COCONUT WATER, COCONUT MILK, PROTEIN POWDER, HONEY

● Protein 28g | ● Fibre 7g | ● Saturated Fat 5.6g | ● Sodium 180mg

OTHER DRINKS

HOUSE MADE SPRITZERS - CANNED

HOUSE MADE JUICES - CANNED

SOFT DRINKS - CANNED COKE, LEMONADE, SOLO

EASY EATS

ALL DAY

Good food, ready when you are. Browse our fridges and cabinets for today's selection of house-made breakfasts, lunches, snacks and refreshing drinks.