

## BREAKFAST

FROM 7AM

## LUNCH

FROM 11AM

PLEASE ORDER AT THE COUNTER

**SOURDOUGH** (NF | GFO | EF | DFO | V | VGO) **\$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 | V) **\$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 | V | 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** (NF | 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 & 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 | GF | DF | VO | VGO) **\$24**

Rice, avocado, cucumber, edamame, carrot, radish, fresh chilli, spring onion, coriander, 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 | ● Omega-3

**BEEF SMASH TACO** (NFO | GFO | EF) **\$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) **\$26**

Battered Australian 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) | OPTION (O)**

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 &amp; 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 &amp; 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.