

### TAKE AWAY MENU

bacon & egg burger bacon, fried eggs, lettuce, tomato, aioli, tomato sauce	14.50
blt burger bacon, lettuce, tomato, aioli	12.50
blat burger bacon, lettuce, tomato, avocado, aioli	14.50
breakfast bagel bacon, avocado, snow pea sprouts, cream cheese	14.50
smoked salmon bagel smoked salmon, avocado, snow pea sprouts, cream cheese	14.50
croissant	5.50
ham & cheddar croissant	7.50



### Available from 11.30 on weekday and 12pm on weekend

Marinated olives (gluten free)	4.50
Fresh bread, evoo & balsamic vinegar or butter	6.00
Toasted herb & garlic bread	6.00
Soup of the day with garlic & herb bread	14.50
B.L.T bagel, bacon, lettuce, tomato & tomato relish	15.50
Spinach salad, sautéed mushrooms, bacon, parmesan, avocado & hazelnuts(gluten free)	20.50
Tart of the day, rocket & tomato relish	19.50
Pumpkin, zucchini & sweet corn fritters, grilled haloumi, beetroot relish, & rocket	21.50
Tuna & lime cakes, greens, soy & lime dressing, aioli	24.50
Beef, guinness & mushroom pie, chive & garlic mash & gravy	20.50
Free range middle eastern spiced chicken, wild rice & chickpea salad, cashew & yoghurt sauce, greens (gluten free)	24.50
Free range chicken burger, avocado, free range bacon, salad, aioli, tomato relish & fries (gluten free option available)	23.50
Beef fillet open sandwich, spinach, caramelised onion, mushrooms, roast capsicum & red wine gravy (gluten free option available)	24.50
Fries	6.50
Rocket, pear & parmesan salad (gluten free)	8.50
Garden salad, mixed greens, cherry tomato, olives & capsicum	8.50



### KIDS MENU

(for kids under 12 years old only)

# Available from 11.30am Monday – Friday & from 12pm weekends

#### **LUNCH**

Croissant & jam	6.00
Hawaiian pizza, ham, cheese & pineapple	9.00
Penne pasta with Napolitana sauce & parmesan cheese	9.00
Cheese burger, beef patty, cheese, lettuce, tomato sauce & fries	9.00
Fish & chips with salad & tomato sauce	9.50
Fries & tomato sauce	6.50
DESSERT  Vanilla ice-cream, chocolate sauce & m&m`s	3.50
DRINKS	
Kids milkshakes (vanilla, strawberry, chocolate, caramel, spearmint)	4.50
Bottled juices (orange, pineapple & apple)	3.50
Freshly squeezed juices	7.50



## Our toast is organic and buttered. Our bacon & eggs are free range Bread options:

sour dough, pain au payne (a 5 seeds loaf made w/soya, linseed, sesame, poppy & sunflower seeds), gluten free, Italian loaf.

Available till noon:	
Fruit salad & Greek yoghurt	14.50
Homemade baked honey fruit & nut muesli, fruit salad,	14.50
Greek yoghurt (wheat free)	<b>- 100</b> 0
Available all day:	
Ham & cheddar croissant	7.50
Fruit & nut toast (3 slices)	7.50
Toast, kosher bagel or croissant	6.00
w/ homemade strawberry/ raspberry & rhubarb jam/	
Seville orange marmalade	
Eggs poached, scrambled or fried on toast	11.00
Breakfast bagel bacon, avocado, snow pea sprouts & cream cheese	16.70
	15.50
Eggs Benedict poached eggs, grilled ham & hollandaise, English muffin	15.50
Smoked salmon Benedict poached eggs, smoked salmon &	18.00
hollandaise, English muffin	
Smoked salmon scrambled eggs, toast	18.00
The lot	20.00
Eggs (poached, scrambled or fried), bacon,	
chipolatas, hash brown, tomato & toast	
The vegetarian lot	20.00
Eggs (poached, scrambled or fried), hash brown,	
mushrooms, tomato, homemade baked beans & toast	
John street breakfast the lot or the vegetarian lot	29.00
w/ a fresh orange juice & coffee/tea of your choice	2>100
We cannot make any changes on the Lot & the Veges Lot, you can make up your	meal from 'Eggs'
and adding on the "extras"	
Extras:	
tomato, avocado or hollandaise	3.50
home-made beans, homemade hash brown, free range bacon	
chipolatas, mushroom	4.50
smoked salmon	7.00
1 extra slice of toast, bagel instead of toast	2.00

Our chipolatas & hash brown contain gluten.