

BREAKFAST



Blueberry & Maple Syrup Porridge.... 6.50

Oat Porridge with blueberry and maple compote, fig & hazelnut granola
- regular milk (n)(v)
- oat milk (n)(vg)

Smashed Avocado on Toast 8.50

Smashed avocado, freshly squeezed lime, pistachio sprinkle, pomegranate seeds, served on toasted sourdough (vg)(n)

The Forester 8.75

Sauteed Chestnut & Portobello mushrooms on toasted sourdough with wilted greens, topped with an organic fried egg (v)

Ottoman Breakfast 9.50

Grilled Halloumi, homemade hummus, sumac, chopped salad and an organic fried egg with toasted sourdough (v)

Scrambled Eggs with Avocado 9.50

Three organic eggs scrambled, avocado, chilli, roasted vine tomatoes, topped with toasted pumpkin and sunflower seeds, served on toasted sourdough (v)

SIDES



Extra Egg (scrambled or fried) (v) 2.00
Avocado Smash (vg)..... 3.00
Sauteed Mushrooms (vg)..... 3.00
Grilled Halloumi (v)..... 3.00
Hummus (vg)..... 3.00
Extra Sourdough (vg)..... 2.00



All-Day-Dining

LUNCH



Soupe du Jour 7.00

daily homemade, immune-boosting soup, served with sourdough (vg)

Seasonal Grain Bowl 8.75

Red quinoa, sliced avocado, watercress, fresh chilli, butter beans, pistachio pieces, chopped mint and crumbled feta cheese (v)(n)

Tomato Coconut Rice 9.50

Warming red rice and coconut bowl topped with sliced avocado and house-picked sauerkraut, roasted chopped almonds (vg)(n)

Chicken Prego Roll..... 8.75

A great chicken sandwich – soy and garlic marinated chicken breast, smoked paprika aioli, red onion and watercress, served in ciabatta roll (h)

KIDS MENU

Tasty Taco 5.00

Soft tortilla wrap with melted cheddar & avocado (v)

Pasta 5.00

Pasta with homemade walnut, basil and pecorino pesto (v)(n)
Plain Pasta with grated cheddar (v)(n)

Scrambled Eggs on Toast..... 5.00

Organic scrambled eggs on sourdough (v)

SMOOTHIES



Morning Has Broken 5.00

Kale, ginger, cucumber, freshly squeezed orange juice (vg)

Cantaloupe Juice 5.00

Cantaloupe melon, ginger, mint, fresh cloudy apple juice (vg)

Berry Smoothie 5.00

Mixed berries, banana & coconut milk (vg)

Fresh Orange Juice..... 4.00

Fresh Cloudy Apple Juice..... 4.00

COFFEE, TEA & CHOCOLATE



Teas & Infusions by Storm Tea..... 2.80

english breakfast, earl grey, hibiscus and strawberry, chamomile, peppermint, rooibos, green, lemongrass & ginger

Coffee by The Roasting Party

Latte 3.20
Flat White 3.20
Cappuccino..... 3.20
Cortado 3.00
Americano..... 2.50
Double Espresso 2.50
Hot Chocolate 3.75
Matcha Latte 3.75
Spiced almond milk chai..... 3.75
Iced Latte/Iced Match Latte..... 4.00