

GLUTEN FREE MENU

2 TOAST – Healthy loaf 9.5
+ seasonal spreadables

(1 slice Healthy loaf
+ seasonal spreadables 6.0)

BANANA + WALNUT LOAF – 9.5
house made + dairy free w lemon curd
(1 slice banana loaf + curd 6.0)

EGGS YOUR WAY – Ravens creek 12.5
Free range eggs poached, scrambled
Or fried on healthy loaf

MOCHA CHIA PUDDING -- 13.5
Allpress espresso infused chia,
Fresh blueberries, almonds + rice
Puffs with coconut milk

EGGS BENEDICT– 18.5
shredded beef cheek, fresh kale,
hollandaise, 2 poached eggs + dukkah
on GF toast

THE GRACE– Istra bacon, 18.5

2 free range eggs, tomato relish &
avocado on healthy loaf

CHILLI EGGS– chilli bacon, 17.5
Fresh kale, spicy chorizo, 2 poached eggs +
seeds on GF toast

HALOUMI SALAD – fried haloumi, 16.0
Cucumber salsa, kale, roasted chic peas,
Dried cranberries, quinoa, seeds +
A lime vinaigrette

SAVOURY CREPE – lamb back strap, 16.5
Tzatziki, pickled red onion salsa,
Chick peas + sweet potato fries

STICKS BURGER – 18.0
Shredded beef cheek, cucumber slaw,
sweet potato in a GF seeded bun with a
side of sweet potato fries

SWEET POTATO FRIES – 9.0
w/ dairy free aioli
[may contain traces of gluten]

EXTRAS

SOURDOUGH 2.5

ROASTED TOMATO 2.5

TOMATO RELISH / ASIAN GREENS
3.0

SPINACH / FRIED TOFU 3.0

HASH BROWNS / AVOCADO / ROASTED MUSHROOMS 3.5

VEGAN MENU

2 TOAST – seeded sourdough 7.5
+ seasonal spreadables

(1 slice sourdough
+ seasonal spreadables 5.0)

BANANA + WALNUT LOAF – 9.0
house made + dairy free w berry compote
(1 slice banana loaf + compote 5.0)

MOCHA CHIA PUDDING -- 13.5
Allpress espresso infused chia,
Fresh blueberries, almonds + rice
Puffs with coconut milk

BIRCHER MUESLI – coconut yoghurt, 14.0
Shaved almonds, green apple, cinnamon,
+ cacao nibs

AVO + PEA SMASH – 13.5
Seasonal avocado, minted peas,
Lemon + quinoa on Philippa's sourdough
With dukkah & beetroot hummus

WARM MUSHROOM TORTILLA – 13.5
Roasted mushrooms with cranberry sauce,
Quinoa, kale + bean salsa & vegan mayo

BUDDHA BOWL – 15.5
roasted chic peas, avocado, quinoa,
purple cabbage, kale, sweet potato fries,
beetroot hummus + seeds

FRITTERS – lentil & onion filling with 15.5
Olive + caper salsa, broccoli pesto
& kale

FALAFEL SALAD– 16.0
Pesto falafels fried with cucumber salsa,
Roasted chic peas, dried cranberries,
Quinoa, seeds & a lime vinaigrette

VEGAN BURGER – 18.0
House made lentil patty, cucumber slaw,
sweet potato & side of curly fries on dairy
free seeded bun

BEER BATTERED CURLY FRIES – 9.0
w/ tomato sauce

SWEET POTATO FRIES – 9.0
w/ dairy free aioli
[may contain traces of gluten]

EXTRAS

SOURDOUGH 2.5

ROASTED TOMATO 2.5

HOUSE-MADE TOMATO RELISH / 3.0

SPINACH / 3.0

HASH BROWNS / AVOCADO / ROASTED MUSHROOMS 3.5