

# GLUTEN FREE MENU

**2 TOAST** – Healthy loaf + seasonal spreadables 9.5

(1 slice Healthy loaf + seasonal spreadables 6.0)

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

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

**PB + T** – toasted bagel – w/ crunchy peanut butter, cherry tomatoes, balsamic + micro herbs 13.5

**EGGS BENEDICT**– Twice cooked maple Pork. Spinach, hollandise, 2 poached eggs + dukkah on healthy loaf 19.0

**THE GRACE**– Istra bacon, 2 free range eggs tomato relish, avocado on healthy loaf 19.5

**STUFFED MUSHROOMS** – 17.0  
roasted field mushrooms w/walnuts, vegan parmesan, wild rice + garlic w/ a balsamic glaze + pesto on Phillippa's sourdough

**ROASTIE TOASTIE** – 16.5  
roasted pumpkin, eggplant + capsicum w/ pesto, dairy free mayo + cos on a turkish roll

**BURRITO BOWL** – wild rice, seasonal avocado, sweet corn, cherry tomatoes, bean salsa w/grilled onion & fennel flatbread 17.5

**BHAJI FRITTERS** – 18.0  
zucchini, sweetcorn + onion fritters, cucumber + tomato salad, seeds, raita + grilled lime

**SUPERFOOD GRAIN SALAD** – 18.5  
red quinoa, kale, pumpkin, roast chick peas, cranberries + candied walnuts w/ tahini orange dressing

**WILD RICE SALAD** – 19.5  
organic fried tofu, sautéed asian greens, edamame beans, shallots + nuts w/ a sticky hoisin sauce

**MEXICAN BURGER** – 20.0  
spiced patty w/ avocado, roast peppers, df chipotle mayo, corn crisps + cos w/ sweetpotato 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 + seasonal spreadables 8.5

(1 slice sourdough + seasonal spreadables 6.0)

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

**PB + T** – toasted bagel – w/ crunchy peanut butter, cherry tomatoes, balsamic + micro herbs 13.5

**BIRCHER MUESLI** – blueberry compote, coconut yoghurt, grilled seasonal stone fruit 15.5

**ACAI SMOOTHIE BOWL** – fresh berries, coconut milk, cranberry granola + seeds 16.0

**STUFFED MUSHROOMS** – 17.0  
roasted field mushrooms w/walnuts, vegan parmesan, wild rice + garlic w/ a balsamic glaze + pesto on Phillipa's sourdough

**ROASTIE TOASTIE** – 16.5  
roasted pumpkin, eggplant + capsicum w/ pesto, dairy free mayo + cos on a turkish roll

**BURRITO BOWL** – wild rice, 17.5  
seasonal avocado, sweet corn, cherry tomatoes, bean salsa w/grilled onion & fennel flatbread

**BHAJI FRITTERS** – 18.0  
zucchini, sweetcorn + onion fritters, cucumber + tomato salad, seeds, raita + grilled lime

**SUPERFOOD GRAIN SALAD** – 18.5  
red quinoa, kale, pumpkin, roast chick peas, cranberries + candied walnuts w/ tahini orange dressing

**RAMEN NOODLE SALAD** – 19.5  
organic fried tofu, sautéed asian greens, edamame beans, shallots + nuts w/ a sticky hoisin sauce

**MEXICAN BURGER** – 20.0  
spiced patty w/ avocado, roast peppers, df chipotle mayo, corn crisps + cos w/ sweetpotato fries

**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 / ASIAN GREENS 3.0

SPINACH / FRIED TOFU 3.0

HASH BROWNS / AVOCADO / ROASTED MUSHROOMS 3.5