

**BREAKFAST** until 2.00 pm

- CHILLI SCRAMBLED EGGS** GF / DF / SF 19.5  
bacon, chilli, fried shallots and harissa served with marinated feta and a smear of pesto on toasted sourdough
- CLASSIC AVO** V / VE / GF / DF / SF 17.5  
simply smashed avo with marinated feta on pumpkin toast  
Add poached egg / 2
- BELGIAN WAFFLES** V 18.5  
crispy waffle stack, served with our house made strawberry compote, vanilla bean ice-cream and a sprinkle of cinnamon
- FORAGE OF MUSHROOMS** V / VE / GF / DF / SF 19.5  
creamy thyme & butter sautéed mushrooms with truffle oil on fresh spinach & sourdough toast. Add poached egg / 2
- SMASHED AVOCADO** V / VE / GF / DF / SF 19.5  
smashed avo with feta, beetroot hummus, dukkah, sweet corn, and poached egg on pumpkin toast
- BENEDICTINE** V 19.5  
poached eggs, fresh spinach, slow cooked pulled beef with hollandaise and paprika on a potato rosti stack
- GRAND BREAKFAST** GF / DF 22.5  
angus sausage, bacon, sauteed mushrooms, baked beans and scrambled eggs on sourdough toast  
Add hash brown / 3.5
- TOAST** V / VE / DF 6  
sourdough, pumpkin, gluten free or fruit toast served with your choice of butter, honey or house made jam
- SIMPLY EGGS** V / GF / DF / SF 12  
poached, scrambled or fried on sourdough toast  
Add bacon / 4

**CLEAN EATING** until 2.00 pm

- CLEAN KETO** V / GF / DF / SF / KE 18.5  
poached eggs, cherry tomatoes, smashed avocado, edamame sweet corn, feta and mixed greens. Add mushrooms / 5
- POWER PALEO** GF / DF / SF / KE / P 21.5  
smoked salmon, sauteed mushrooms, seasonal greens, fermented cabbage, smashed avocado & a poached egg

**PLANT BASED PLATES** until 2.00 pm

- TRUFFULA BURGER** V / VE / GF / DF 17.5  
basil pesto, spinach, vegan cheese, sauteed mushrooms, truffle oil and vegan mayo on a lightly toasted floured roll
- PLANTA BURGER** V / VE / GF / DF 17.5  
smashed avocado, lettuce, tomato, raw fermented cabbage, veggie burger patty, vegan cheese, vegan mayo and shredded carrot on a lightly toasted floured roll

**VEGAN BOWLS** until 2.00 pm

- NOURISH BOWL** V / VE / GF / DF 17.5  
golden falafels, mushrooms, mixed greens, avocado, fermented cabbage, vegan mayo, edamame, carrot and beetroot hummus
- COLLAGEN BOWL** V / VE / GF / DF / SF / KE / P 17.5  
toasted muesli, collagen infused coconut yoghurt, seasonal fruit and coconut shavings
- ACAI BOWL** V / VE / GF / DF / KE / P 17.5  
acai puree topped with toasted muesli, coconut flakes, chia seeds, peanut butter and seasonal fruit

Please advise us if you have any nut allergies  
Gluten free bread available upon request

**LUNCH** until 3 pm

- GRILLED REUBEN** 16.5  
slow cooked pulled beef, melted cheese, kraut, and spicy mayo on sourdough. Add optional Jalapenos for an extra kick!
- CHICKEN AVOCADO SANDWICH** V / VE / GF / DF 14.5  
poached chicken, whole egg mayo, fresh dill and a spread of smashed avocado on either fresh or toasted sourdough

• see display cabinet for additional lunch items •

**BREAKFAST SIDES**

**PROTEINS**

- extra egg / 2
- falafel / 4
- smoked salmon / 5
- bacon / 4
- angus sausage / 5
- baked beans / 3.5

**VEG, DAIRY & CARBS**

- spinach / 4
- extra toast / 1
- cherry tomatoes / 4
- smashed avo / 4.5
- beetroot hummus / 4
- mushrooms / 5
- feta / 4
- hash brown / 3.5

**SAUCES**

- hollandaise / 3
- tomato relish / 3
- BBQ or tomato / 2
- spicy mayo / 3

10% surcharge on week-ends  
these are passed on directly to our staff

- V Vegetarian option
- SF Sugar Free
- VE Vegan option
- KE Keto Friendly
- GF Gluten Free option
- P Paleo Friendly
- DF Dairy Free option

**LITTLE SPARROWS**

**KIDS MENU**

|                          |     |
|--------------------------|-----|
| baby eggs on sourdough   | 9   |
| banana bread             | 4.9 |
| crustless cheesy toastie | 7.5 |
| baby smashed avo         | 9   |
| unicorn waffle           | 11  |
| baby hot chocolate       | 4   |

**REAL MILKSHAKES**

|                        |     |
|------------------------|-----|
| <b>NO NASTY SYRUPS</b> | 6.9 |
| Chocolate              |     |
| Strawberry             |     |
| Vanilla Bean           |     |

**VEGAN LATTES**

|                    |     |
|--------------------|-----|
| Golden Latte       | 6.2 |
| Matcha Latte       | 6.2 |
| Prana Chai (Vegan) | 6.2 |

**MORE**

|               |     |
|---------------|-----|
| Hot Chocolate | 4.2 |
| Mocha         | 4.7 |
| Chai Latte    | 4.7 |
| Dirty Chai    | 4.7 |

**POT OF TEA**

|                   |     |
|-------------------|-----|
| English Breakfast | 5.2 |
| Earl Grey         |     |
| Chai Tea          |     |
| Peppermint        |     |
| Green             |     |

**SUPREME COFFEE**

|                      |     |
|----------------------|-----|
| <b>WHITE • BLACK</b> | 4.2 |
| Lactose free milk    | 0.5 |
| Bonsoy milk          | 0.5 |
| Almond milk          | 0.7 |
| Coconut milk         | 0.7 |
| Oat milk             | 0.7 |

**ICED COFFEES**

|             |     |
|-------------|-----|
| Cold Brew   | 5.5 |
| Iced Latte  | 6.5 |
| Iced Coffee | 6.9 |
| Iced Mocha  | 6.9 |
| Iced Chai   | 7.5 |

**COLD PRESSED JUICES**

**ORANGE** V / VE / GF / DF / SF / P 9.9  
organic squeezed orange juice

**COLD FIGHTER** V / VE / GF / DF / SF / P 9.9  
apple, orange, celery, carrot, ginger

**GREEN CLEANSER** V / VE / GF / DF / SF / P 9.9  
apple, mint, cucumber, kale, lemon, coconut water

**MELON FRESH** V / VE / GF / DF / SF / P 9.9  
watermelon, strawberries, apple, mint, coconut water

**VEGAN SMOOTHIES**

**BANANA HEAVEN** V / VE / DF / GF / SF / P 9.9  
banana, coconut yoghurt, maple, coconut milk, cinnamon

**NUTRITION BOMB** V / VE / GF / DF / SF / P 9.9  
mixed berries, mango, banana, lemon, coconut water

**GOLDEN GLOW** V / VE / GF / DF / SF / P 9.9  
mango, banana, coconut yoghurt, coconut milk

**GOOD VIBES** V / VE / GF / DF / SF / P 9.9  
banana, espresso, maple, almond milk, cinnamon, peanut butter

**SUPERCHARGE YOUR SMOOTHIE**

° collagen / 2   ° pea protein / 2   ° peanut butter / 1  
° hemp / 2   ° spirulina / 2   ° activated charcoal / 1  
° acai / 3