



OUR ORGANIC EGGS AND BREAD ARE DELIVERED STILL WARM,
WHILE OUR BARISTA SWITCHES THE ST ALI COFFEE MACHINE ON
AT 6AM, IN TIME FOR YOUR ORDER.

BREAKFAST

SOMETHING SIMPLE

Help yourself to a selection of cereals, fruit, toast and juice

FROM THE KITCHEN

EGGS

Two free range eggs, the way you like them, on sourdough

ON THE WHITE SIDE

Scrambled egg whites, on sourdough

EGGS BENEDICT

Soft poached eggs, rare breed ham, hollandaise

OMELETTE

Aged cheddar cheese and herbs

FRENCH TOAST

Berry compote, crème fraiche, smoked almonds, maple syrup

HOUSE MADE BIRCHER MUESLI

COYO yoghurt, shredded apple and granola

CARROT CAKE BIRCHER MUSELI

COYO yoghurt, carrot, walnuts, shredded coconut

SMASHED AVOCADO

Hazelnut dukkah, baby spinach, Danish feta, on sourdough

GET YOUR GREENS

Baby spinach, snowpea tendrils, green asparagus, green tomato, pinenuts, goat cheese feta, poached egg, light chilli dressing, on wholemeal

THE BIG BREAKFAST

Two eggs, nitrate free bacon, sausage, field mushroom, roma tomato, on sourdough. (Vegetarian option available)

SPANISH EGGS

Tomato, chilli, coriander and capsicum ragu, pita bread

SIDES

Roma tomato, baby spinach, feta, nitrate free bacon, sausage, field mushroom, avocado, free range egg 4 each

Bread - sourdough, multigrain, wholemeal, gluten free

FANCY A WAKE UP CALL?

COFFEE

Espresso, macchiato (short or long) 3.5

Latte, flat white, cappuccino, mocha 4

Calmer Sutra chai latte 4

Add soy / almond/ add large .5

MILO 3.5

A classic Aussie hot chocolate

RICH HOT CHOCOLATE 4.5

HOT LEMON & HONEY 3.5

TEA - T2 4

English Breakfast, Melbourne Breakfast, Earl Grey,

Chai Sencha, Mint Mix Liquorice Legs, Chamomile

Beyond Coconut Water 4

FRESH IS BEST

FRESHLY SQUEEZED JUICE 8.5

Beetroot, carrot, orange, pineapple, lemon

Watermelon, lime, mint

Apple, carrot, ginger, lemon

SMOOTHIES 10.5

Green - kale, avocado, cucumber, pear, basil, maca powder

Berry - strawberry, blueberry, raspberry, COYO, almond milk, honey, chia seed

Banana - almond milk, COYO, wheat germ, honey

WATER 250ML/750ML

Capi still mineral water NA/8

Capi sparkling mineral water 3.5/8

Gluten free bread and muesli available upon request.

We will try our best to accommodate changes to the menu, however during peak periods this may not be possible.

We hope you understand.