

breakfast

7 DAYS

ebb & flow

MON-FRI 7am -9am

SAT-SUN 8am -10am

SOMETHING TO SIP

SOMETHING EXTRA

FRESH JUICE:

orange / tomato / pineapple / apple: \$5

FRESHLY GROUND COFFEE:

espresso \$4
cappuccino / long black / flat white / \$4.5
long black / flat white / latte /
macchiato / mocha / chai latte

SELECTION OF TEAS:

green / english breakfast / earl grey /
peppermint / orange & lemon \$4

ADD:

HOME SMOKED SPECK \$6
BACON \$4
MUSHROOM \$5
AVOCADO \$5
SALMON \$5
BERRIES \$5
GLUTEN FREE BREAD \$3
HOMEMADE WARM BANANA BREAD \$5
w butter (slice)

HOT BREAKFAST

ALL SERVED WITH Toast: white / grain / sour dough

EGGS YOUR WAY ON TOAST: eggs fried / poached / scrambled \$12

EGG & BACON ROLL \$10

EGGS BENEDICT \$14

CORN FRITTER STACK \$12

HAM & CHEESE CROISSANT \$10

BIG BREKKIE: eggs your way w bacon + tomatoes \$15

BIGGEST BREKKIE: eggs your way w bacon, sausage, baked beans, tomatoes + hash brown \$18

CONTINENTAL

TOAST:

grain / white / sour dough w butter, jam, marmalade, vegemite \$5

CAFE STYLE RAISIN TOAST w butter (2 slices) \$7

SWEET:

Pancakes / French toast or waffles: \$12

grilled banana & maple syrup / crispy bacon & maple syrup or
rhubarb, fresh strawberries & almonds +\$6

WAFFLES

w/ rhubarb & strawberry \$12

CEREAL:

just right / cornflakes / weet-bix / coco pops / house made granola /
natural muesli w' milk: skim / full cream / soy \$5

GREEK YOGHURT

Add Compote: peach / berry / rhubarb & strawberry \$5

YOGHURT:

strawberry / mango / vanilla \$5

FRESH FRUIT:

seasonal fruit plate \$8