

ALL DAY BREAKFAST

Toast – Your choice of turkish, ciabatta, sourdough, bagel with butter, jam or honey (V)	\$9.80
Porridge - Served with sultana, almonds and blueberries (V)	\$16.50
House Made Granola – Served with yoghurt, blueberries and milk (V)	\$16.50
Eggs On Toast – Any style	\$13.80
Eggs On Toast With One Item (Crispy potato, tomato, sausage, bacon, hash brown) (VA)	\$17.40
The Breakfast Grill – Eggs on toast with bacon, sausage, tomato, mushroom, crispy potato (VA)	\$29.50
Bacon And Egg Roll – Fried egg and bacon on ciabatta	\$17.00
Your Choice of 3 Eggs Omelette - (Ham, cheese, tomato) or (Mushroom, spinach, feta)	\$24.50
(Smoked salmon, cream cheese, aioli)	\$26.80
Spanish Scrambled Eggs on sourdough with chorizo sausage (VA)	\$24.50
Eggs Benedict with bacon or portobello mushrooms	\$24.20
Eggs Benedict with salmon	\$26.90
House Made Baked Beans with bacon and poached eggs on toasted turkish (VA)	\$22.80
House Smoked Salmon Bagel served with herbed cream cheese and mixed greens	\$21.80
Pancakes or Franch Toast served with bacon, caramelised banana and maple syrup	\$23.80

V - Vegetarian
GF - Gluten Free
VA- Vegetarian available
GA - Gluten Free Available
DA - Dairy Free Available
DF - Dairy Free



FRESH SALADS

Nourish chicken salad with pine nuts, crispy noodles, herbs and secret nourish chicken dressing (DF)(GA)	\$24.60
Lightly scented lamb salad with feta, almonds, crispy potato, tomato, greens and balsamic dressing (GF) (DA)	\$27.80
Nourish beef scotch salad with cucumber, crispy noodles, cashews and a tangy sesame dressing (DF) (GA)	\$26.00
Calamari salad with chorizo sausage (DF)	\$26.00
Warm lentil beetroot salad with spinach, candied almonds, feta and balsamic dressing (V) (DA)	\$23.80

BURGERS

Nourish chicken burger with cheese, tomato, lettuce, cabbage, sweet chili sauce and fries	\$25.50
Nourish lamb burger with lettuce, red onion, beetroot, feta, garlic mint sauce and fries.	\$27.80

GLUTEN FREE PASTA AVAILABLE FOR \$3.00 EXTRA

PASTAS

Prawn fettucine with crispy bacon, roasted red peppers, lemon and fresh herbs(VA)	\$25.80
Chicken and mushroom pasta in creamy sauce (VA)	\$25.50
Vegetarian pasta with seasonal vegetables cooked in your choice of Marinara or soy sauce(V)(DA)	\$23.50

ALL DAY LUNCH

Toasted sandwich wit 2 fillings - Ham, cheese, tomato, onion, avocado, pineapple, chicken, (\$2.50 for extra filling) (VA)(DA)	\$13.80
Tomato Pesto - Slow roasted tomato on toasted sourdough with basil pesto, wilted spinach, creamy feta and balsamic drizzle (VA)(DA)	\$23.50
Mince on toast - Country style mince on toasted with poached eggs (DF)	\$24.80
Portobello mushroom - Creamy balsamic portobello mushrooms with bacon on toast (VA)	\$24.00
Chicken liver -With bacon, marsala cream served on toasted turkish bread (DA)	\$23.00
Steak eggs and chips Served with green salad (GF) (DF)	\$30.80
Wedges with bacon n cheese, sweet chili sauce, sour cream (VA)	\$17.50
Fries With Aioli (V)(GF)(DF)	\$12.50
Soup of the day w toast (VA)(DA)(GA)	\$19.50

SIDES

Wilted Spinach, Slow Roasted Tomato, Crispy Potato, Hash Brown, Avocado	\$6.00
Bacon, Sausage, Grilled Or Creamy Mushroom, Chicken, Ham	\$7.00
Smoked Salmon	\$8.50

We value the health and well-being of our customers. Please ask our staff if you have dietary requirements or require further informations. Our kitchen prepare food that contains nuts, dairy and gluten - Traces of these may appear in any menu items

