

BREAKFAST & BRUNCH

V_g COCONUT + TOASTED ALMOND PORRIDGE house compote + maple	9
DEEP FILLED BACON SANDWICH on warm fresh sourdough with confit tomato	9
GRANOLA + MEGA BERRY COMPOTE thick Greek yoghurt, toasted almonds, maple, house compote	8
SARDINES (skinless & boneless) garlic sourdough toasts, rich tomato sauce, yoghurt, lime	10
FRENCH TOAST BANANA BREAD Greek yoghurt, compote, maple, almonds <u>or</u> maple + bacon	10.5
+ ALL OF THE ABOVE	13.5
V_g HUMMUS TOAST with fresh herb salad, garlic sourdough, confit tomato, baby plum, crispy shallot	10
HUMMUS EGGS poached eggs, sourdough, house hummus, confit tomato, chilli, crispy shallots, herbs	12
SPECIAL EGGS avocado, D.O.P feta, fresh lime, fragrant chilli, sourdough + tomato oil	13
WITHOUT EGGS	11.5
FREE RANGE EGGS ON SOURDOUGH with confit tomato	8
+ HAM or BACON	3
EGGS RANCHERO rich tomato sauce of confit garlic + roasted tomato with poached eggs on sourdough with BACON / FETA / FREE RANGE SALT BAKED CHICKEN	13.5

Gf SWEET POTATO REPLACEMENT ON EGG DISHES

LUNCH

OG CLUB chicken, toms, mayo, crispy bacon, jam, spinach, Jarlsberg	13.5
MONT FORT WRAP chicken, avocado, confit tomato, aioli *NEW*	13
'LEEKY CHEESE' TOASTIE raised Leek, Comté DOP + Dijon	9.5
+ CHICKEN	3
HONEY ROAST HAM + JARLESBERG cheese TOASTIE	9
+ SMALL THAI CORN CHOWDER	4

V_g BOUNTY BOWL rice, sweetcorn, wakame salad, beetroot, sweet potato, wasabi + sweet chilli mayo	
Gf crispy shallots, pickled ginger + fresh herbs	
with either HUMMUS / FREE RANGE CHICKEN / FETA	14

HOUSE RAMEN deep soy ginger and anise broth, rice noodle, shredded free range chicken, fresh herb + gyoza x2	14
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CHICKEN GYOZA x 5 with dipping sauce	7
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V_g THAI CORN CHOWDER & sourdough	8.5
Gf + FETA OR CHICKEN	3

BACON 3	SALT BAKED CHICKEN 3	SALMON 4
AVOCADO 3	HUMMUS 5	GRANA PADANO 1
CONFIT TOMATOES 1	HONEY ROAST HAM 3	GARLIC TOAST 3
EGG 1.5		FETA 3

SIDES & EXTRAS

COFFEE

AMERICANO/LONG BLACK	3.5
PUMPKIN SPICED / GINGERBREAD LATTE	4.5
SYRUPS - HAZLENUT VANILLA CARAMEL	0.70
LATTE	3.8
FLAT WHITE	3.6
CAPPUCCINO	3.8
MOCHA	4.7
MORK 70% DARK HOT CHOCOLATE	4.2

H E A L T H FRESH ORANGE	4
WONDER SHOT cold pressed ginger	4
HOUSE FRESH GINGER LEMONADE	4
VITA COCONUT WATER	3
DIET COKE	3
COKE	3
SAN PELLEGRINO various flavours	3
SPARKLING WATER	3

TEA

HONEY, LEMON & FRESH GINGER	4.5
ENGLISH BREAKFAST	3.85
HOUSE CHAI LATTE	4.5
DUCHESS GREY	3.85
PEPPERMINT	3.85
CHERRY SENCHA	3.85
WHITE TEA	4.5

KIDS MEAL 7

SMALL VERSION OF ANYTHING ON THE MENU
OR PLAIN CHEESE TOASTIE SERVED WITH PLAIN CRISPS

+

APPLE / ORANGE / RIBENA

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• Food is prepared in our kitchen where allergens are present our menu descriptions do not include all ingredients as these can now change regularly *

