

-- 7:30 – 3:00 --

'THREE MILLS' GRAIN SOUDOUGH -8-

BUTTER / HOUSE MADE PRESERVES / NATURAL PEANUT BUTTER/ HONEY/ VEGEMITE 0.5
GUNNINGS FREE RANGE EGG -2.5-
MEREDITH VALLEY CHEVRE -3.5-
CRUSHED AVOCADO + SEEDS -4-
HEIRLOOM TOMS, PESTO + PANGRITATA -5-
SAUTÉED BROCCOLINI -4-
SAUTÉED KALE & ALMONDS -4-
SNOWY MOUNTAINS SMOKED TROUT -5-
SMOKED SALMON FLORETTE -5-
FREE RANGE 'BOX GUM' HAM -5-

AVO ON TOAST/ SPROUTED LENTILS/ SEEDS/ SHALLOTS/ ROASTED BROCC PUREE/
EGG YOLK/ LEMON/ ACTIVATED CHARCOAL SALT -16-

--ADD: EXTRA SLICE OF TOAST AVO/LENTILS/ SEEDS -5-

BEET FRITTERS/ CUMIN/ DILL/ SAUTEED KALE + BABY SPINACH/ WALNUTS/ SWEET
POTATO/ EGG/ KASUNDI RELISH/ GOATS CHEESE/ QUINOA -21-

--ADD: SALMON FLORETTE -5-

SAUTÉED MUSHROOMS/ GARLIC, THYME & SAGE OIL/ PINE NUTS/ ALMONDS/
NEUFCHÂTEL/ GREENS/ POACHED EGG/ SOURDOUGH -18-

CHILI SCRABBLE/ CRAB MEAT/ SCRAMBLED EGGS/ CHILLI/ CHOURIÇO RICOTTA/
ASIAN HERBS/ LIME -18-

LEVANTINE EGGS/ TOUM YOGHURT/ CHICKPEAS/ CAULIFLOWER/ ZUCCHINI/
PICKLED ONION/ DUKKAH/ SOURDOUGH -18-

BIRCHER MUESLI/ GREEN APPLE/ ALMONDS/ BLUEBERRIES/ RHUBARB/ QUEEN
GARNET PLUMS/ STRAWBERRIES/ YOGHURT / LEMON BALM -16-

CRUMPETS/ LEMON CURD/ KIWI FRUIT/ STRAWBERRIES/ BLUEBERRIES/ STONEFRUIT/
SEED MIX (FLAX, SUNFLOWER, PEPITA, QUINOA, COCONUT) -17-

-- 11:00 – 3:00 --

14-HOUR LAMB SHOULDER ON FLAT BREAD/

PICKLED EGGPLANT/ MUHAMMARA/ TZATZIKI/ HUMMUS/ HERB SALAD/
PISTACHIO NUTS/ CHÈVRE -24-

-- VEGETARIAN? SUBSTITUTE IN ROASTED MUSHROOM -20-

LP BENTO BOARD/

- CHILLED SOBA NOODLES/ MENTSUYA/ BOK CHOY/ PARSLEY/ CHIVES
- WOMBOK/ HOT OIL DRESSING/ PINENUTS /SEEDS/ FURIKAKE
- HOUSE MADE FENNEL CURED SALMON -24-

-- VEGETARIAN OR VEGAN OPTION -20-

WATERMELON + KING PRAWN SALAD/

3XL WILD CAUGHT WA PRAWNS/ WATERMELON/ TOMATO/ ROUND BEANS/ RADISH/
GREEN PAPAYA/ COS LETTUCE/ CHILLI/ CORIANDER/ MINT/ LIME -27-

--VEGETARIAN OR VEGAN OPTION -20-

ACHIOTE CHICKEN/ CORN PURÉE/ BLACK RICE/ TURTLE BEANS/ MEXICAN
CHILLIES/ GAUC/ CORIANDER/ LIME & MINT -25-

We are happy to accommodate dietary request.

Most of our meals can be altered to be gluten free and or Vegan.

If you require any alterations to your meal please let staff know when ordering.

KASUNDI: Tomato and spice based Indian relish

NEUFCHÂTEL: A soft and creamy French cheese

TOUM: A garlic and oil based Middle Eastern sauce

PANGRITATA: Dried breadcrumbs fried with garlic, thyme & chili

MUHAMMARA: A capsicum & walnut based Middle Eastern dip

MENTSUYA: A Japanese sauce comprised of mirin, sake, soy & kelp

FURIKAKE: A dry Japanese seasoning comprised mainly of seaweed & sesame

ACHIOTE: A Mexican spice made from the red seed of the Anneto tree