

We are happy to accommodate dietary request.

Most of our meals can be altered to be gluten free (GF), Dairy free (DF) & Vegan (V)

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

BRUNCH

-- WEEKDAYS 7:30 – 3:00 --

-- WEEKENDS 8:00 – 4:00 --

WINTER WELLNESS BOWL/ BROWN RICE + QUINOA, ROAST PUMPKIN, SAUTÉED KALE TOSSED IN PEPITA & CASHEW CREAM, PICKLED CABBAGE, SPROUTED LENTILS, POACHED EGGS, BABA GANOUSH -21- (VG, GF)
ADD: FENNEL CURED SALMON OR BOX GUM HAM -5-

BEET FRITTERS/ KALE/ ZUCCHINI/ CAULIFLOWER, SWEET POTATO, CASHEWS, POACHED EGGS, KASUNDI RELISH, GOATS CHEESE, QUINOA -21- (VG)
ADD: FENNEL CURED SALMON -5-

SAUTÉED MUSHROOMS/ GARLIC, THYME & SAGE OIL, PINE NUTS, ALMONDS, NEUFCHÂTEL, GREENS, POACHED EGG, SOURDOUGH -18- (VG)
ADD: BOX GUM HAM -5-

PORK & BEANS/ BEAN CASSOULET, HOUSEMADE 'CORNISH' SAUSAGE, CARAMELISED FENNEL, EGG, PANGRITATA, GREMOLATA, TOAST -18-

CHILLI SCRABBLE/ CRAB MEAT, SCRAMBLED EGGS, CHILLI, CHOURIÇO RICOTTA, TOAST, ASIAN HERBS, LIME -18-
ADD: BROCCOLINI, PINE NUTS, MISO & FURIKAKE -4-

WILD RICE PORRIDGE/ FIG & DATE COMPOTE, BROWN RICE, CACAO, MIXED FRUITS, GOJI BERRIES, PUFFED RICE, SEED MIX, COCONUT CRUMBLE -16- (V, GF, DF)

BLUEBERRY & BANANA OAT PANCAKE/ SEASONAL FRUITS, COYO, CACAO NIBS, SEED MIX, MAPLE SYRUP -18- (V, GF, DF)

WINTER FRUIT & NUT CRUMBLE w / EARL GREY POACHED PEAR/ BAKED APPLE, WINTER COMPOTE, PUMPKIN CUSTARD, SHORTCRUST CRUMBLE, MASCARPONE -17-

// BUILD YOUR OWN BREAKFAST//

'THREE MILLS' GRAIN SOURDOUGH -8-

BUTTER / HOUSE MADE JAM / NATURAL PEANUT BUTTER/ HONEY/ VEGEMITE -0.5-

GUNNINGS FREE RANGE EGG -2.5-

CRUSHED AVOCADO, SEEDS + SPROUTING LENTILS -4-

MEREDITH VALLEY GOATS CHEVRE -3.5-

TOMATOES, PESTO + PANGRITATA -5-

BROCCOLINI, PINE NUTS, MISO & FURIKAKE -4-

SAUTÉED KALE & ALMONDS -4-

SNOWY MOUNTAINS SMOKED TROUT -5-

FENNEL CURED SALMON -5-

FREE RANGE 'BOX GUM' HAM -5-

LUNCH

-- WEEKDAYS 11:00 – 3:00 --

-- WEEKENDS 11:00 – 4:00 --

14-HOUR LAMB SHOULDER ON FLAT BREAD/

PICKLED EGGPLANT/ MUHAMMARA/ TZATZIKI/ HUMMUS/ HERB SALAD/

PISTACHIO NUTS/ CHÈVRE -24-

VEGETARIAN OR VEGAN OPTION SUBSTITUTE IN ROASTED MUSHROOM -20-

DAAL BY DHAVAL/

AROMATIC YELLOW LENTIL DAAL/ TANDOORI CHICKEN/ SWEET POTATO/ BROCCOLI/

ALMONDS/ CORIANDER/ RICE/ PAPPADAM -24- (GF)

VEGETARIAN OR VEGAN OPTION SUBSTITUTE IN TANDOORI TOFU -20-

LOCAL PRESS SOUP – ASK OUR FRIENDLY STAFF

KASUNDI: Tomato and spice based Indian relish

NEUFCHÂTEL: A soft and creamy French cheese

PANGRITATA: Dried breadcrumbs fried with garlic, thyme & chili

CASSOULET: A rich, slow-cooked casserole

GREMOLATA: Chopped herb condiment made of lemon zest, garlic and parsley

FURIKAKE: Pine nuts, Seeds, Japanese spices.