



ALL DAY BREAKFAST



EGGS YOUR WAY

15

Two free-range eggs (poached, scrambled or fried) served with 2 slices of sourdough.

3 EGG OMELETTE

21

Served with toast. Choose any 3 fillings: spinach, feta, olives, grilled tomato, sun-dried tomato, mushrooms, capsicum, tasty cheese or potato.

Add bacon, ham, chorizo or chicken +6

Egg white omelette +4

ESCANDALO POTATO HASH

26

Patatas bravas with capsicum, red onion, spinach, chorizo and three cracked eggs, topped with feta, paprika, sumac and fresh coriander. Served with toast.

BENNY EGGS

26

Choice of bacon, ham, haloumi or smoked salmon on an English muffin with poached eggs and hollandaise.

HEALTHY PRO TOAST

26

Smashed avocado and beetroot hummus on sourdough with two poached eggs, cherry tomatoes, pickled radish, chiogga beetroot, crispy kale chips and fresh herbs.

 Vegan (No Egg) 20



SOURDOUGH TOAST

7.5

with your choice of spread.

Choose: butter, jam, vegemite, peanut butter or honey.

CANADIAN PANCAKES

25

Canadian pancakes served with maple syrup, bacon and scrambled egg.

SWEET PANCAKES

25

Sweet pancakes served with maple syrup, berries and whipped ricotta.

STEAK & EGGS

38

250g Scotch fillet with chat potatoes, two fried eggs and nam jim dressing.

SEASONAL FRUIT SALAD

15

Add: coconut yoghurt or granola +3

YOGHURT & GRANOLA BOWL

15

Sweetened yoghurt, chia seeds, house-made granola and mixed berries.

SAUSAGE & EGG MUFFIN

12

Cheese +4

BACON & EGG MUFFIN

12

Cheese +4

BACON & EGG ROLL

14

Double egg and bacon with choice of sauce.

Cheese +4 Haloumi +5 Avocado +5

BREAKFAST WRAP

14

Double egg & bacon, spinach and tomato with choice of sauce.

Cheese +4 Haloumi +5 Avocado +5



EXTRAS

Bacon, Ham or Chorizo	6	Mushroom	5
Chicken	6.5	Spinach	5
Halloumi	5	Feta	4
Smoked Salmon	9	Tasty Cheese	4
Avocado	5		
Tomato	5		
Hash Brown	4		

Good food. Good vibes. Every day. • Thank you for dining with us!



Please inform your waiter of any dietary requirements.



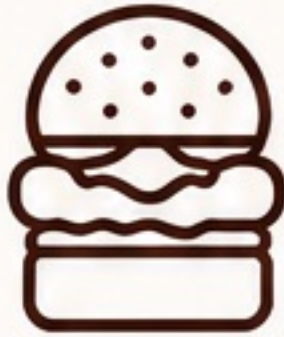
A surcharge of 10% is applicable on weekends and public holidays.



All card payments incur a 1.5% fee.



LUNCH



THE FRENCHY

28

Grilled eye fillet, lettuce, tomato, caramelised onion and mustard on a rustic French baguette.
Served with fries or garden salad.

PROTEIN RAINBOW BOWL (GF)

24

Fresh avocado, cucumber, edamame, beetroot hummus, house slaw, fresh spinach, roasted pumpkin served with smoked salmon.

BEEF BURGER

26

Chef's signature Wagyu cheeseburger served with fries.

ZAATAR CHICKEN

25

Grilled zaatar chicken tenderloins on toasted pita with smashed avocado, quinoa tabouli, cherry tomatoes and Danish feta.

SOUTHERN FRIED CHICKEN BURGER

26

Southern fried chicken, peri peri sauce, lettuce, American cheese on a milk bun with fries.

CHICKEN WRAP

16

Grilled or crumbed chicken, lettuce, tomato with choice of sauce.

ADD TO WRAP

- Cheese +4
- Halloumi +5
- Avocado +5

CLASSIC CHICKEN SALAD (GF)

28

Lettuce, cherry tomato, parmesan, sourdough croutons with grilled or crumbed chicken and white dressing.



FIT MEALS

EYE FILLET	38
TASMANIAN SALMON FILLET	38
GRILLED CHICKEN TENDERLOIN	32

Add choice of 2 sides:



Steamed
Jasmine Rice



Pan Fried
Potatoes



Roasted
Pumpkin



Fries



Garden
Salad



Seasonal
Greens



FIT MEAL UPGRADE

3

Add a sauce: Mushroom, Pepper, Diane or Gravy

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BEVERAGES



COFFEE

	REGULAR	LARGE
Coffee	5	6
Single Origin	5.5	6.5
Filter Coffee	5	6

MILK OPTIONS +1

Almond • Soy • Oat
Lactose Free

SYRUPS +1

Vanilla • Caramel • Hazelnut



TEA & SPECIALITY DRINKS

English Breakfast	5
French Earl Grey	5
Green Tea	5
Chamomile Blossoms	5
Peppermint	5
Chai Masala	5
Lemongrass, Ginger	5

SPECIALTY LATTES

Prana Sticky Chai (Soy)	6
Chai Latte	5
Matcha Latte	5
Turmeric Latte	5
Ginger Latte	5



FRESH JUICES 12

SIGNATURE JUICES

Alkaline – Kale, Celery,
Green Apple, Cucumber

Balance – Watermelon & Ginger

Elevate – Pineapple & Mint

BUILD YOUR OWN

Choose from:

Kale, Ginger, Celery, Carrot,
Beetroot, Orange, Green Apple,
Cucumber, Mint, Watermelon,
Pineapple



ICED DRINKS

Iced Latte	8
Iced Long Black	8
Cold Brew	8
Iced Chocolate	8
Iced Mocha	8
Iced Matcha	8
Iced Chai	8
Dirty Shot	8
Strawberry Matcha	10



SMOOTHIES

Be Lean	15.5
Banana, blueberries, whey protein and coconut water	
Protein Bulk	15.5
Banana, peanut butter, oats, whey protein and macadamia milk	
Espresso	15
Shot of espresso, banana, honey, almond milk, peanut butter & cinnamon	
Matcha	15.5
Matcha powder, fresh spinach, whey protein, peanut butter, banana & coconut water	



SOFT DRINKS & WATER

Still Water (Small)	4
Still Water (Large)	8
Sparkling Water (Large)	8

Coke	5.5
Diet Coke	5.5
Coke Zero	5.5

Sprite	5.5
Sprite Zero	5.5
Tonic Water	5.5



BEER

Peroni	10
Corona	10
Asahi	10



CLASSIC COCKTAILS

Mimosa	14
Mojito	18
Bloody Mary	18
Espresso Martini	18
Margarita	18
Spicy Margarita	18
Aperol Spritz	18
Tommy's Margarita	18



WINES

HOUSE WINES 16

WHITE

- Chardonnay
- Sauvignon Blanc
- Pinot Grigio

RED

- Shiraz
- Pinot Noir



PROSECCO 16



ROSÉ 16



SPIRITS

House Spirit Shot	10
Premium Spirit Shot	12
House Spirit & Mixer	12
Premium Spirit & Mixer	18



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