

LUNCH

All Day Breakfast

CLASSIC AVO ON TOAST \$20

(Vegetarian) (Gf) on request +2

Fresh smashed avocado and feta with cherry tomato on sourdough or multigrain sourdough.

+1 Poached Egg \$3 extra

+2 Poached Egg \$5 extra

MEDITERRANEAN HEALTHY BOWL \$23

Grilled zucchini, marinated chickpeas, roasted red peppers, and caramelised Spanish onion, layered with crisp sliced fennel and cucumber, topped with soft poached eggs and finished with a maple Dijon dressing

BACON AND EGG ROLL \$16

Fried eggs, grilled bacon, swiss cheese, on a homemade milk bun with either chilli jam, tomato or bbq sauce

+Caramelised Onion \$1 extra

+Hashbrown \$5 extra

EGGS ON TOAST \$16

(GF on request +2)

2 Poached, scrambled or sunny side up on sourdough or multigrain sourdough

+Bacon \$5 extra

+Avocado \$5 extra

+Smoked salmon \$6 extra

+Two Hash browns \$5 extra

Garden Bowls

TROPICAL BOWL (GF) (DF)

\$26

A mix of fresh rocket, juicy mango cubes, pineapple chunks, crisp cucumber, shredded carrot, red pepper, and creamy avocado, topped with toasted coconut flakes and drizzled with a lime honey vinaigrette with choice of -

+ Spiced Chicken (GF)

+ Salmon teriyaki(GF)

+ Falafel (Vegetarian) (gf) (DF)

POKE BOWL (DF ON REQUEST) \$26

Brown rice, cucumber, seaweed, avocado, radish and red cabbage, edamame, topped with toasted sesame seeds and ponzu sauce and spicy mayo. Choose from the following -

+ Spiced Chicken (GF) (DF)

+ Salmon Teriyaki (GF)

+ Falafel (Vegetarian) (DF)

MEXICAN BOWL (GF) \$26

Crisp corn chips layered with salsa, crumbled feta, sour cream, creamy avocado, red onion, and fresh coriander, served with your choice of poached or fried eggs

HANOI BOWL (GF) (DF ON REQUEST) \$26

Light rice noodles tossed with shredded carrots, crisp cucumber, bean sprouts, snow peas, and fried shallots, topped with spiced chicken and finished with a zesty nuoc cham dressing

Burgers

ASIAN PULLED PORK ROLL \$26

Slow-cooked pulled pork infused with aromatic five-spice, layered with chiffon lettuce and julienned carrots, topped with a sticky glaze and honey-chilli mayo, served in a panini bread served with a side of crispy chips

HAWAIIAN CHICKEN BURGER \$26

Deep-fried crispy chicken thigh layered with grilled pineapple, lettuce, tomato, chilli mayo and Swiss cheese, drizzled with teriyaki glaze and served in a soft milk bun served with a side of crispy chips

BEEF AND PINEAPPLE BACON BURGER \$26

Juicy double beef patties topped with smoky bacon, house-made pineapple relish, melted cheese, crisp lettuce, and tomato, finished with a smoky barbecue sauce on a soft milk bun served with a side of crispy chips

CLUB SANDWICH \$26

Toasted white bread layered with grilled chicken, smokey turkey, crispy bacon,crispy lettuce, fried egg, fresh tomato, avocado and mayo, served with a side of crispy chips

From the Kitchen

SWEET CORN FRITTERS (VEGETARIAN) \$24

Sweetcorn and halloumi fritters served with beetroot-aniseed relish and avocado tomato salsa

+Add one poached egg + 3

+Two poached eggs + 5

GREEK SOUVLAKI SKEWERS \$26

Marinated chicken thigh souvlaki served with creamy tzatziki, a fresh Greek salad, lemon dressing, and warm pita bread

CLASSIC FISH & CHIPS \$26

John Dory fillets in a microbrew batter, house salad, chips and tartare sauce

SIGNATURE CALAMARI (DF) \$27

Lemon and black pepper dusted calamari strips, rocket, tomato and cucumber salsa topped with honey mustard dressing.

SUMMER INSPIRED LEMON CHICKEN LINGUINE PASTA \$26

Pan-fried chicken with sweet red pepper and preserved lemon, tossed through silky linguine in a rich, creamy sauce, finished with shaved Grana Padano

CHICKEN FAJITA TACOS \$20

Three soft tacos filled with shredded lettuce and tender fajita-spiced chicken, topped with pickled onion and finished with a zesty jalapeño-coriander sauce

Sharing is caring

BOWL OF CHIPS \$10

Crispy hot chips, lightly seasoned and served with a creamy garlic dipping sauce

BOWL OF LOADED CHIPS \$12

Golden, house-seasoned chips tossed in our signature spice blend, served with a rich and creamy fajita-seasoned cheese sauce

From the Kitchen

THAI PINEAPPLE FRIED RICE \$23

Jasmine rice wok-tossed with baby corn, egg, snow peas, pineapple, and julienned carrots, finished with soy and oyster sauce, garnished with spring onions and crispy fried shallots

+Add chicken \$4 extra

+Add prawn \$5 extra

BREAKFAST

Fruits & Grains

SUMMER GRANOLA BOWL **\$18**
Juicy mango cubes and seasonal summer fruits served with creamy coconut yogurt.
(V) - Vegetarian
(DF) - Dairy free

COCONUT CHIA PUDDING **\$21**
Chia seeds soaked in creamy coconut milk, topped with vibrant tropical fruits and a medley of fresh seasonal berries.
(V) - Vegetarian
(DF) - Dairy free

MANGO COCONUT YOGURT PARFAIT BOWL **\$18**
Creamy coconut yogurt lightly drizzled with maple syrup, topped with juicy fresh mango and a colourful selection of seasonal fruits, garnished with cashews
(V) - Vegetarian
(DF) - Dairy free
Vegan - on request

Morning Waffles

TROPICAL WAFFLES **\$25**
Pineapple compote and velvety coconut sauce paired with ripe mango and refreshing strawberry salsa, finished with mango ice cream and toasted coconut chips.
+ Add Extra Ice Cream \$3
(v) Vegetarian

B R E A K F A S T S I D E S	
AVOCADO	5
SAUTÉED BABY SPINACH	4
ROASTED TOMATO	5
HASH BROWN (2)	5
GRILLED CHORIZO	5
GRILLED BACON	5
GRILLED HALLOUMI	5
SMOKED SALMON	6

Quick and Easy

BREAKFAST TACOS **\$20**
Two mini flour tortilla, scrambled eggs, avocado, bacon and pico de gallo

EQ BAKEHOUSE ARTISAN TOAST **\$10**
Choose from white sourdough, multigrain sourdough, raisin bread or gluten free bread.
Spread options include

- strawberry jam
- peanut butter
- Vegemite

DELI TOASTIE **\$15**
House baked multigrain bread stacked with layers of smoked leg ham, savory salami, and tender turkey, balanced with garlic aioli, fresh tomato, and melted tasty cheese

TURKEY TOASTIE **\$15**
Rustic bakehouse sourdough layered with tender turkey slices, provolone cheese, fresh spinach, and a tangy wholegrain mustard mayo.

The Classics

CLASSIC AVOCADO ON TOAST **\$20**
(Vegetarian) (Gf) on request +2
Fresh smashed avocado and feta with cherry tomato on sourdough or multigrain slice.
+1 Poached Egg \$3 extra
+2 Poached Egg \$5 extra

EGG AND CORN CHILAQUILES **\$25**
Crisp corn chips layered with salsa, crumbled feta, sour cream, creamy avocado, red onion, and fresh coriander, served with your choice of poached or fried eggs
(V) - Vegetarian

MEDITERRANEAN HEALTHY BOWL **\$23**
A wholesome medley of grilled zucchini, marinated chickpeas, roasted red peppers, and caramelized Spanish onion, layered with crisp sliced fennel and cucumber, topped with soft poached eggs and finished with a maple Dijon dressing
(GF) (Vegetarian) (Vegan on request)
+Add Smoked Salmon \$6 extra
+Add Grilled chorizo \$5 extra

Farm Fresh Eggs

EGGS ON TOAST **\$16**
(Gf) on request +2
2 Poached, scrambled or sunny side up on sourdough or multigrain toast
+ Two Hash browns \$5 extra
+Bacon or Chorizo \$5 extra
+Avocado \$4 extra
+Smoked salmon \$6 extra

Farm Fresh Eggs

DOUBLE BACON & EGG ROLL **\$16**
Fried eggs, grilled bacon, swiss cheese, on a homemade milk bun with either chilli jam, tomato or bbq sauce
+Caramelised Onion \$1 extra
+Hash brown \$5 extra

PALEO BREAKFAST **\$25**
sautéed spinach, roasted sweet potato, smokey bacon, grilled chorizo, creamy avocado, mushrooms, and blistered tomatoes, served with your choice of poached , Scrambled or fried eggs
+ Add Extra egg \$3

EQ BIG BREAKFAST **\$27**
2 eggs your way, bacon, grilled chorizo, BBQ mushrooms, grilled tomato, avocado, hashbrown, wilted baby spinach, served on our house baked sourdough

BREAKFAST BURRITO **\$19**
Flour tortilla, creamy scrambled eggs, spiced potatoes, marinated refried beans, avocado, cheese, Chilli Jam, served with chipotle and tomato salsa
+Diced chorizo \$3 extra
+Diced bacon \$3 extra

BAKEHOUSE EGGS BENEDICT **\$25**
(GF on request +2)
2 soft poached eggs, wilted spinach, hollandaise sauce on sourdough toast with your choice of
+ grilled Bacon
+ Smoked salmon
+ Pulled Pork

DRINKS

Ice drinks

ICED SALTED CARAMEL LATTE

Espresso, Milk, Ice with Salted caramel syrup.

\$8.50

ICED LATTE

Espresso, Milk & Ice

\$7

ICED COFFEE

Espresso, Milk & Ice

\$8.50

ICED CHOCOLATE

Creamy Chocolate Syrup, Milk, Ice Cream, Whipped Cream, Chocolate sprinkle

\$8.50

ICED MOCHA

Creamy Chocolate Syrup, Espresso, Milk, with Chocolate Sprinkle

\$8

ICED LONG BLACK

Espresso, Ice and Chilled Water

\$7

ICED CHAI

Spiced Chai, Milk and Ice with Cinnamon spice

\$7

ICED DIRTY CHAI

Spiced Chai, Espresso, Milk and Ice with Cinnamon spice

\$8

ICED MATCHA / STRAWBERRY MATCHA

Freshly Wiped Matcha, Milk and Ice / Or with a touch of Strawberry Flavour

\$8/\$9

Milkshake / Thickshake

Choice of chocolate, strawberry, caramel, Lime, Coffee, Mocha, Vanilla, Banana, Honeycomb, Cookies & Cream

\$7/\$8.5

Smoothies

MANGO SMOOTHIE

Mango, Mango nectar, Banana, Yoghurt, Ice

\$10

BANANA SMOOTHIE

Banana, Ice cream, Milk, Honey

\$10

MIX BERRY SMOOTHIE

Mix Berry, Ice cream, Milk, Honey

\$10

STRAWBERRY BANANA CLASSIC

Strawberry, Banana, with milk, yoghurt and honey

\$11

Exotic Juices

SWEET SUMMER

Orange, Watermelon, Carrot, Ginger

\$9

MANGO ORANGE GLOW BLENDED JUICE

Mango, Orange, Carrot, Lemon Juice, Ice

\$10

ENERGY JUICE

Orange, Apple, Carrot, Ginger

\$9

GREEN GODDESS

Apple, Ginger, Celery, Spinach, Cucumber

\$10

Non Dairy Frappe

FLIP OUT FRAPPE

Tropical Juice, Mango Passionfruit pulp and Ice

\$10

GREEN FRAPPE

Apple, Spinach, Mango, Banana, Ice

\$10

Protein Shakes

SLIM-N-TRIM

Banana, mango, apple, pineapple, whey protein, ginger and spinach

\$14

PEANUT POWER

Banana, peanut butter, dates, low fat milk and whey protein

\$14

VEGAN ESPRESSO MOCHA

banana, dates, oat milk, espresso, cocoa and plant protein

\$14

Mocktails

VIRGIN PASSIONFRUIT MOJITO

Passionfruit pulp muddled with mint and lime, balanced with lemonade and garnished with lime

\$12

SUMMER SUNSET

Raspberry cordial with orange juice, lemonade, ice, lemon juice, garnish with orange slice

\$12

House Cocktails

ESPRESSO MARTINI

Absolut Vodka, Kahlua & espresso coffee

\$14

MOJITO

Bacardi Rum, lime juice, fresh mint & soda

\$14

FRENCH 75

Gin, sparkling wine & fresh lemon juice

\$14

Beers & Ciders

DOMESTIC BEER

GREAT NORTHERN MID-STRENGTH
CASCADE LIGHT BENTSPOKE
CRANKSHAFT

\$10

IMPORTED BEER

CORONA (Mexico)
ASAHI (Japan)

\$10

CIDER

SOMERSBY APPLE CIDER
SOMERSBY PEAR CIDER
SOMERSBY WATERMELON CIDER

\$10

Wines

SPARKLING

KISSING BRIDGE SPARKLING

GLASS BOTTLE

\$9

\$40

WHITE

MIRITU BAY SAUVIGNON
BLANC (NZ)

\$9

\$30

NICK O'LEARY ROSE (NSW)
RESCHKE PINOT GRIS (SA)

\$10

\$43

\$9

\$32

RED

FREDDY NERKS PINOT NOIR
(SA)

\$9

\$30

PICKERS HUT MERLOT (VIC)
NICK O'LEARY SHIRAZ (NSW)

\$10

\$43

\$9

\$32

Spirits

Jim Beam Bourbon, Johnny Walker Black, Jack Daniels, Bacardi White Rum, Bundaberg Red Rum, Bombay Sapphire Gin, Absolut Vodka, Midori, Kahlua, Jose Cuervo Tequila or Southern Comfort

\$11