



# FOOD

**Free range eggs** on sourdough or wholegrain 16.0

+ 1.5 scrambled

+ 1.0 seeded gluten free toast

**Coconut yoghurt** seasonal fresh fruits 15.0 v,df

+ 5.0 house made granola

**Tiramisu french toast** coffee anglaise, candied almond, chocolate ganache 26.0 v

**Smashed avocado** avocado, pea purée, grilled zucchini, pumpkin seed, poached egg 24.0 v,nf,df

**Chorizo shakshuka** spanish chorizo, mixed herbs, feta, poached egg, focaccia 26.0 nf, gfi\*

**Mensa benedict** potato rosti, spinach, poached eggs, chipotle hollandaise

bacon 27.0

mushroom 27.0 v

house smoked salmon 29.0

**Woodland mushroom** potato rosti, romesco, zhug herbed labneh, pistachio dukkah, pached egg 26.0 v,gf

**Salmon** house smoked, tahini yoghurt, roasted leeks, broccolini, sweet and sour sauce 29.5

**Fried chicken bun**, spicy sauce, pickles, cheddar, chipotle slaw 22.0

+ 6.0 fries

**Berbere short rib** smoked yoghurt, fried egg, pickles, fried shallot 27.5

**Grilled octopus** miso pumpkin purée, spiced chilli oil, cauliflower 29.5 df

**Citrus ricotta** peas, confit leek, poached egg, focaccia, zatar 26.0 v

**Neapolitan Pizza** (Tuesday-Sunday)

Ask our friendly waitstaff for the specials

**Fries** parmesan and truffle oil 10.00

## Sides

+ 3.0 free range egg

+ 7.0 mushroom medley

+ 8.00 rosti

+ 6.0 avocado

+ 7.0 bacon

+ 9.0 hot smoked salmon

+ 6.0 tomato

+ 3.5 sourdough

+ 4.5 seeded gf toast

gfi = gluten free ingredients, nf = nut free, v = vegetarian, vg = vegan, \* = option available

# DRINKS



## Coffee

Black 5.0 White 6.0

+ 1.0 Large

+ 1.0 Hazelnut/Caramel/Vanilla

## Hot Drinks

Hot Chocolate 6.0 Mocha 7.0

Chai 6.0 Matcha 6.5

## Zealong Tea 6.0

Breakfast, Grey, Icebreaker, Oolong, Green, Sweet Amber

## Ice Drinks 7.5

Coffee, Chocolate

## Smoothies 9.0

Green - banana, green apple, spinach, pineapple, coconut water

Banana - banana, Belgian chocolate, sea salt, oat milk

## Cold Pressed Juice 8.0

Orange, Apple

## Everbodys Kombucha 8.0

Raspberry, Lemon and Ginger

## Soft Drinks 5.5

Coke, Coke Zero, Sprite

## Matcha by Morning made

Strawberry matcha 8.5

Coconut matcha 9.0

Matcha cloud 9.0

coconut water, coconut cream,  
sea-salt

## Beer 14.0

Sawmill lager

Sawmill IPA

Sawmill Nimble, low alcohol pale ale

Bare beer 0%

## Wine

Nautilus, Sauvignon blanc 16/80

Black barn, Chardonnay 17/85

Bijou, Rosé 14/70

Brookfield, Pinot gris 14/70

Col de Salici, Prosecco 18/90

Misha's vinyard, Pinot noir 21/105

# KIDS MENU

Eggs on Toast 10

French Toast 12

Cheese Pizza 12