




LUNCH

Available from 11:00

- EXTRA**
- Hash Brown, 1 Egg (Scramble +1) **3**
- Smashed Avocado, Roasted Tomato, Mushroom, Halloumi **5**
- Bacon, Chorizo **6**
- Smoked Salmon **7**

KIDS ONLY (for Ages 12 & Under Only)

- Kids Basic** **7**
1 Egg Your Way with a Choice of 1 Sourdough
- Kids Bacon and Egg** **10**
1 Fried Egg, 1 Bacon and 1 Sourdough


- CHICKEN SALAD BOWL** **VP VP** **21**
Chicken Breast with Quinoa, Baby Beetroot, Kale, Feta, Parmesan, Char Grilled Lemon, Swiss Chard, Pine Nuts, Orange Dressing 

- SMOKED SALMON SALAD** **22**
with Quinoa, Baby Beetroot, Feta, Dill Crème Fraiche, Swiss Chard, Pine Nuts, Burnt Lemon and Kale Crisps 

- STEAK SANDWICH** **20**
Sirloin Steak, Caramelised Onion, Rocket, Aioli, Tomato Relish / with Chips +3 


- THE DINING BEEF BURGER** **20**
Sweet Soy Marinade Beef, Bacon, Tomato, Onion, Lettuce, Cheese, Aioli /with Chips +3 

- CHICKEN BREAST** **28**
Twice Cooked (Sous Vide)
Chicken Breast with Corn Puree, Hash Brown, Pickled Onion, Mushroom Sauce, Truffle Oil and Onion Flake 

- SIRLOIN STEAK** **28**
Sous Vide Grass-Fed Sirloin with Mushroom Sauce, Onion Flakes, Mixed Salad and Chips 

- TASMANIAN SALMON FILLET** **28**
Confit Salmon with Crispy Skin and Quinoa, Fennel, Swiss Chard, Orange, Pine Nuts, Feta, Burnt Lemon, Kale 

- MUSHROOM PASTA** **V** **25**
Egg spaghetti with Mushroom, Rocket, Rustic Crumb, Parmesan, Truffle Oil and Cream Sauce 

- BACON PASTA** **26**
Egg Spaghetti with Bacon, Rocket, Rustic Crumb, Parmesan and Cream Sauce 

- CHIPS** **7**
- SWEET POTATOES CHIPS** **11**

KIDS ONLY (for Ages 12 & Under)

- Kids Meal** **8**
Calamari Rings or Chicken Nuggets with Chips
- Cheeseburger with Chips and BBQ Sauce **14**
- Creamy Bacon Pasta **15**

DRINKS MENU

- COFFEES**
- Espresso **4.3**
- Long Black / Macchiato / Flat White / Piccolo Latte / Latte / Cappuccino **4.5**

- Hot Chocolate / Mocha **5.0 / 5.5**
- Chai Latte / Green Tea latte / Taro Latte **6.0**
- Babyccino **1.5**

- EXTRAS** **1.0**
- Extra Shot | Decaf | Almond Milk | Soy Milk
Lactose Free Milk | Oat Milk | Large size
Flavoured Syrup (Caramel, Vanilla, Hazelnut)

- TEAS**
- Loose Leaf** **5.5**
English Breakfast / French Earl Grey / Jasmine Green

- Organic Loose Leaf** **6.0**
Pepper Mint / Chamomile Blossoms / Lemongrass Ginger / Chai with Soy

- ICED TEA** **6.5**
Fruits of Eden / Lemongrass Ginger

- ICED DRINKS**
- Cold Drip Coffee, Iced Long Black **6.0**
- Iced Latte (Ice) **7.0**
- Iced Coffee (Cream, Ice-cream) / Iced Chocolate (Cream, Ice-cream) **7.5**
- Iced Mocha (Cream, Ice-cream) / Affogato (Ice-cream, Hazelnut syrup) **8.0**

- ICED FLAVOURED LATTES** **8.0**
Strawberry Matcha / Taro / Matcha / Chai

- ADES** **7.5**
Lemon / Blue Lemon

ORGANIC JUICES **8.0**

- PURE ORANGE**
100% Australian Oranges

- CLOUDY APPLE**
100% Australian Apples

- IMMUNITY**
Carrot, Orange, Pineapple, Celery, Lemon, Turmeric

- TROPICAL**
Orange, Mango, Passionfruit, Lucuma

- ANTIOX**
Apple, Raspberry, Passionfruit, Rhubarb

- ENERGISE**
Pineapple, Spinach, Cucumber, Silverbeet, Cos Lettuce, Lime, Mint

COLD DRINKS

- Coke / Zero / Diet / Sprite / Fanta **4.5**
- Ginger beer / Lemon lime bitter **5.0**
- Energy drink **5.5**
- Still Water / Sparkling Water **4.0 / 5.5**

MILKSHAKES **8.0 / Kid Size 5.5**

- Chocolate / Strawberry / Vanilla
Caramel / Banana
- Coffee **9.0**
- Protein +1 / Thick +2

SMOOTHIES **9.0**

- Mixed Berry / Mango
Protein +1



ALL DAY BREAKFAST

SALMON CROISSANT

Smoked Salmon, Dill Crème Fraiche & Pickled Onion



13

FRENCH BERRIES CROISSANT

Vanilla Mascarpone, Maple Syrup, Pistachio & Fresh Berries



16

ACAI BOWL

with Granola, Roasted Nuts, Vanilla Yoghurt, Berry Compote & Fresh Fruits



19

BRIOCHE FRENCH TOAST

Vanilla Mascarpone, Maple Syrup, Pistachio Snow, Berry Compote & Fresh Berries / with Bacon +6



20

BLAT

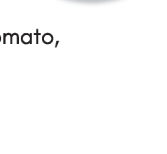
Bacon, Lettuce, Smashed Avo, Tomato, Aioli on Flatbread



18

MLAT

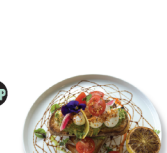
Mushroom, Lettuce, Smashed Avo, Tomato, Aioli on Flatbread



18

HLAT

Halloumi, Lettuce, Smashed Avo, Tomato, Aioli on Flatbread



18

AVOCADO BRUSCHETTA

Cherry Tomato, Balsamic Glaze, Smashed Avo, Labneh, Burnt Lemon and Rustic Crumb with a Poached Egg +3 / with Bacon +6



17

CHILLI SCRAMBLE

House Made Chilli Oil, Onion Flakes, Feta, Chorizo, Fennel Salad and Warm Pita Bread



21

SOURDOUGH & FREE RANGE EGGS

(Our Fried Egg is Sunny Side Up)

THE BASIC

Eggs Your Way with a Choice of Sourdough

13

CHORIZO AND EGGS

Scrambled Eggs, Spanish Spiced Sausage, Spicy Aioli

19

SMOKED SALMON AND EGGS

Poached Eggs, Tas Salmon, Dill Cream Fraiche

20

VEGETARIAN BREAKFAST

Eggs, Mushrooms, Smashed Avocado, Halloumi, Roasted tomato



23

THE DINING BIG BREAKFAST

Eggs, Bacon, Chorizo, Mushrooms, Roasted Tomato



24

EGG BENEDICT

Poached Eggs, Orange Hollandaise, Swiss Chard on English Muffin
Choice of 1: Ham, Bacon, Halloumi or Mushroom / Smoked Salmon



20

21

BREAKFAST BURGER

Bacon, Fried Egg, Smashed Avocado, Lettuce, Cheese, Tomato, Chilli Jam on Brioche and Hash Brown



20

VEGE BREAKFAST BURGER

Fried Egg, Smashed Avocado, Lettuce, Cheese, Tomato & Chilli Jam on Brioche and Hash Brown

Choice of 1: Mushroom or Halloumi

19

GRAB & GO QUICK BITE

SOURDOUGH

White, Light Rye, Whole Grain, GF(+0.5) or Cherry & Raisin with Condiments

6.5

SOURDOUGH MELT

with Cheese
with Tomato & Cheese
with Ham & Cheese
with Ham, Cheese & Tomato

7

8

8.5

9

BANANA BREAD

with Whipped Butter

8

CROISSANT

with Jam & Butter
with Cheese
with Ham & Cheese
with Ham, Cheese & Tomato

7

7.5

9

9.5

BACON & EGG ROLL

Fried Egg, Bacon, Cheese, BBQ Aioli on Milk Bun

14

BREKKIE WRAP

Scrambled Eggs, Bacon, Rocket, BBQ sauce

14

CHICKEN AND AVO WRAP

Scrambled Eggs, Chicken Breast, Smashed Avo, Swiss Chard, Tomato, Chili Aioli

15

HALLOUMI WRAP

Scrambled Eggs, Swiss Chard, Smashed Avo, Aioli

14

MUSHROOM WRAP

Scrambled Eggs, Swiss Chard, Smashed Avo, Aioli

14

The DINING



The DINING



Follow us on Social Media

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* Please let us know if you have any food allergies special dietary needs * 10% surcharge on public holiday

V Vegetarian VG Vegan VP Vegetarian Possible VGP Vegan Possible *Please inquire with our friendly staff.