

Organic Burnham Bakery Toast 6.5
 w/ butter & jam, vegemite, marmalade or peanut butter
 sourdough / pumpkin seeds & grain

H.A.L
 hummus, avocado & lemon on sourdough(v) 12.5
 add poached egg 3

Homemade Banana Bread(v) 8.0
 With sesame, sunflower seeds & pepitas 2 pieces 12.5

House Granola (v)
 Organic oats, nuts & seeds toasted in organic coconut oil,
 maple syrup & lemon myrtle (Australian bush spice) served with
 vanilla bean coyo fresh fruit & vegan lemon curd 16.5

Scramble Tofu(v) 14.5
 organic tofu, caramelised onions, spinach,
 fresh herbs, tamari, sourdough

Free Range Eggs
 poached or fried 1egg 8.5
 2eggs 10.5
 Scrambled 12.5
 Half serve 9.0

A Little Something Extra

| | | | |
|---------------------------------|-----|--------------------------------|-----|
| free-range bacon(gf) | 6.0 | | |
| ½ serve bacon | 4.0 | roasted tomato(v)(gf) | 3.5 |
| avocado(v)(gf) | 4.0 | wilted spinach(v)(gf) | 3.5 |
| grilled halloumi(gf) | 5.0 | spiced house beans(v)(gf) | 4.0 |
| garlic & thyme mushrooms(v)(gf) | 4.0 | extra egg(gf) | 3.5 |
| | | homemade tomato chutney(v)(gf) | 2.0 |

gluten friendly bread option 2.0
 (v) vegan (gf) gluten-free

| | | |
|--|--|------|
| Lentil & Vegetable Soup(v) | | |
| homemade soup, vegetables, lentils, sourdough | | |
| | small | 10.5 |
| | large | 14.5 |
| Dips & Bread (v) | | |
| House made dips, warm organic turkish bread | small | 10.5 |
| | large | 14.5 |
| B.L.T | | 14.5 |
| free-range bacon, lettuce, tomato, organic turkish bread, aioli | | |
| Pumpkin & Greens(v)(gf) | | 18.5 |
| roasted pumpkin wedge, seasonal greens, beetroot hummus, hemp seeds, toasted tamari seeds | | |
| Earthy Pleasures Buddha Bowl(v)(gf) | | 19.5 |
| brown rice topped with roasted orange & purple sweet potato, spiced black beans, grilled broccolini, red cabbage & kale-slaw, corn on the cob, dressed in a tahini & lemon dressing served with roasted red capsicum & pumpkin hummus. | | |
| Mushroom Bruschetta (v) option | | |
| toasted pumpkin seed organic sourdough with house made basil pesto, cherry tomatoes, garlic & Thyme roasted mushrooms, lemon dressed rocket, avocado smash and vegan fetta | | 18.5 |
| | or with Meredith Dairy Goats Cheese | 19.5 |
| Field Mushroom Burger (v) | | 17.5 |
| roasted field mushrooms, bourbon & espresso bbq glaze, cabbage & Kale slaw, vegan aioli, organic bun | | |
| Free-Range Beef Burger | | 18.5 |
| grass-fed beef, free-range smoked bacon, cos lettuce, cheddar cheese, caramelised onion, house-pickled zucchini & beetroot, earthy pleasures bourbon & espresso bbq sauce, organic bun. | | |
| | add fried free-range egg | 3.5 |
| | Make it Hot & Spicy With Pickled Jalapeno's & Sriracha | 3 |
| Cheeseburger | | |
| grass-fed beef, cheddar cheese, cos lettuce & tomato sauce, organic bun | | 12.5 |
| Cheese & Tomato Toastie (not available gluten free) | | 8 |
| Chicken & Pesto Toastie (not available gluten free) | | 16.5 |
| free-range chicken breast, avocado, cheddar, pesto, turkish bread | | |
| Vegan Toastie(v) (not available gluten free) | | 16.5 |
| mushroom, spinach, roasted capsicum, vegan feta, pesto, turkish bread | | |
| Bowl of Chips (v) | | 8.0 |
| | As a side | 4.5 |
| gluten friendly bread option 2.0 | | |
| (v) vegan (gf) gluten-free | | |