

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

fruit toast 7.5

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 1 egg 8.5
 2 eggs 10.5
 Scrambled 12.5
 Half serve 9.0

A Little Something Extra

free-range bacon(gf)	6.0		
½ serve bacon	4.0	herb 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
vegan halloumi(v)(gf)	5.0	extra egg(gf)	3.5
garlic & thyme mushrooms(v)(gf)	4.0	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 free-range bacon, lettuce, tomato, organic turkish bread, aioli		14.5
Pumpkin & Greens(v)(gf) roasted pumpkin wedge, seasonal greens, beetroot hummus, hemp seeds, toasted tamari seeds		18.5
Earthy Pleasures Buddha Bowl(v)(gf) 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.		19.5
Field Mushroom Burger (v) roasted field mushrooms, bourbon & espresso bbq glaze, cabbage & Kale slaw, vegan aioli, organic bun		17.5
Free-Range Beef Burger 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.		18.5
	add fried free-range egg	3.5
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) free-range chicken breast, avocado, cheddar, pesto, turkish bread		16.5
Vegan Toastie(v) (not available gluten free) mushroom, spinach, roasted capsicum, vegan feta, pesto, turkish bread		16.5
Bowl of Chips (v)		8.0
	As a side	4.5

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