

ALL DAY BREAKFAST

Grind Special 20.00 (gf option)

pan fried kale, crispy bacon, cherry tomatoes, baby spinach, shaved parmesan topped w/ poached eggs, avocado, crushed pistachio w/ balsamic reduction & housemade tangy lemon dressing

Omelette 17.00 (gf option)

eggs, spinach, onion, cheese with your choice of salmon OR ham OR bacon

Acai Bowl 17.00 (vegan / gf)

Brazilian acai, granola, fresh seasonal fruits & berries, chia seeds & almond flakes

Nutella Hotcakes 19.00 (v)

stack of hotcakes topped with seasonal fruits & berries, vanilla ice cream, Persian fairy floss and maple syrup & Nutella

Middle Eastern Pan 20.00 (gf option avail)

minced beef cooked in chefs garden spices and sauce topped with 2 eggs oven poached and side of Arabic bread

La Frenchie 19.00 (v)

panko crusted brioche cinnamon loaf with seasonal fruits & berries, crushed pistachio, mascarpone, maple syrup & icing sugar dust

Zaatar Bruschetta 19.00

smear labneh, toasted sourdough with zaatar, tomato, cucumber, feta topped with a poached egg, avocado & fresh mint

Mediterranean Breakfast 23.00

sucuk (turkish salami) on fried eggs drizzled with zaatar, marinated olives, danish feta, maktous (stuffed eggplant) labneh, tomatoes, sliced cucumbers & Arabic bread

Avo Stack 18.00 (gf option/v)

smashed avocado on toasted sourdough with cherry tomatoes, danish fetta, dukkah dressed with a balsamic glaze and lemon olive oil dressing

Rise & Grind Big Breakfast 24.00

eggs your way, bacon, chorizo, field mushroom, grilled tomato, hash brown, wilted spinach and tomato relish served with toasted sourdough

Oh My Granola Bowl 13.50

creamy vanilla yoghurt, toasted granola, fresh seasonal fruits & almond flakes

Haloumi Stack 22.00 (gf/ v)

zucchini and corn fritters with grilled haloumi, cherry tomatoes and sliced avocado, beetroot labneh, drizzled with balsamic glaze

Eggs Benedict 17.00

poached eggs on toasted english muffins with choice of smoked salmon or virginian ham dressed with hollandaise sauce

Brekkie Burger 15.00 (gf option)

crispy bacon, fried egg, hash brown, fried onion, melted tasty cheese with tomato relish on a brioche bun

B.L.A.T 14.50

bacon, lettuce, avocado & tomato on turkish roll w/ aioli & tomato sauce

Classic Bacon & Egg roll 12.00

crispy bacon & doubled fried eggs, aioli on Turkish bread

Eggs on Toast 11.50

eggs your way with crunchy sourdough

EXTRAS

kale, fried onion 3.00

mushroom, spinach, tomato, falafel, sujuck, sourdough, hash brown 3.50

salmon, chorizo, ham, bacon, avocado, eggs 4.50

haloumi 5.00

extra lamb/chicken 5.50