## I.la <br> THE KITCHEN'S <br> BSEAES FASM MENTU

## THE BEST SELLERS

THE BIG BENNY (GFI*, DFI*)
Thick cut sourdough toast, smoked bacon, spiced chorizo, garlic musbrooms, grilled tomato, baby spinach, poached eggs, bollandaise 29.9 (add avo +5)

## OBLIGATORY SMASHED AVO (VG, DFI, GFI*)

Smasbed avocado, lemon zest, toasted seeds, pomegranate pearls, vegan feta, toasted sourdough 21.9 (add egg 3.5, add bacon/chorizo ©) (VG, DFI, GFI')

## BACON SANDWICH 'OUR WAY' (GFI*, DFI*)

Grilled sourdough, smoky bacon, smoked salmon, mature cheddar cheese, mango cbutney (don't knock it until you've tried it...) 22.9
DIY EGGS ON TOAST (V*, GFI*)
Two free-range eggs bow you like them (poached, fried or scrambled) sourdough toast, two sides of your choice 22.9

## KETO FRIENDLY FRITTERS

Broccoli ơ feta patties, berb crème fraiche, tomato \& basil salsa, poached eggs 20.9 (add salmon/bacon ©) (V, GFI)
OUR MUSHROOM BRUSCHETTA (VG,DFI,GFI*)
Warm garlic mushrooms, grilled sourdough, vegan feta, balsamic drizzle 19.9 (add fried egg +3.5 , add smoked salmon +6 )

## FRENCH TOAST (V, GFI*)

Tbick cut sour dough dipped in a spiced egg mix er grilled until golden, vanilla poached rbubarb, sweetened mascarpone e a a sprinkle of cinnamon sugar 22.9

## SEVEN DAYS

 FROM 6:30AMINSIDE?
WE'LL COME TO YOU. OUTSIDE?
ORDER AT MAIN COUNTER

## ADDITIONS

 spicy chorizo smoked bacon SMOKED SALMON GARLIC MUSHROOMS avocadoroasted tomato sauteed baby spinach vegan fetta add extra egg gluten friendly bread

# $10.12 .110 \% \% \%$ <br> <br> THE REST SELLERS <br> <br> THE REST SELLERS MIDDLE EASTERN CAULIFLOWER (VG, GFI) 

Spiced \& roasted cauliflower, sun dried cranberry, zesty bummus, fresb cbilli, pomegranate, bitter greens é toasted seeds 20.9

## CANADIAN BREAKFAST

Fresh grilled buttermilk pancake stack, topped with maple-soaked double-smoked bacon, sea salt flakes and even more maple syrup! 24.9 (add fried egg 3.5, add ice cream 2.5)

## VEGAN CHILLI TOSTADAS (VG, DFI, GFI)

slow-cooked seasonal vegetables in a spiced tomato sauce, disbed onto crunchy tortillas with fresb tomato © cilantro salsa 20.9
PULLED PORK HASH (GFI, DFI)
$\sigma$ bour slow cooked pork sboulder in spices from the deep south of America, potato bash, poacted egy salsa verde 24.9

## TOOTGAROOK PANCAKES (V)

Buttervilk pancake stack, chocolate bazelhut sauce, sliced banana, vanilla ice cream 21.9
A PROPER EGG \& BACON ROLL (GFI* DFI*)
Smoked bacon, fried egg, cheddar cheese, baby spinach \& ' bomemade kasundi relish in a toasted buttery brioche roll 15.9
SOURDOUGH TOAST (V, DFI* GF*)
Two sices of thick cut sourdough toast, served with butter ec homemade jam 11.9
OUR SPICED GRANOLA (VG, DFI)
Sticky \& golden baked oats \& wnuts, bouse-dried fruit, coconut jog burt 17.9

## THE SMALL PRINT

$10 \%$ surcharge on Weekends - $20 \%$ surcharge on Public Holidays No Alterations to menu - No food items are sold as allergen free As we operate a working gitchen enviromment, please be aware that there is almays a risk that traces of allergens may be trans ferred to ingredients during storage or preparation of food in our kitchens. We are therefore unable to guarantee that any food item sold is free from traces of allergens. No food items are certified as vegan. Wbilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact tuitb ingredients that do contain animal ingredients in our k itchen. Menu subject to change withbout notice. $\mathrm{V}=\mathrm{V}$ egetarian, $\mathrm{VG}=\mathrm{Vegan}$, GFI $=$ Gluten free ingredients DFI $=$ Dairy free ingredients, ${ }^{*}=$ can be adjusted to

## \$12.5 KIDS BREAKIES

THE CAKEY
Buttermilk pancake, maple syrup, vanilla ice-cream THE SCRAMBLY
Creamy scrambled egg on sourdough toast
THE SMASHY
Smashed avocado on sourdough toast
THE CRUNCHY
Crunchy maple baked muesli with ice cold milk

LOVING IT? TELL THE WORLD!

GIVE THIS QR CODE A SCAN TO let everyone
KNOW ABOUT YOUR GREAT TIME WITH US :]


SCAN ME

NOT LOVING IT? tell us instead

WHATEVER YOUR COMMENT, QUIBBLE, QUANDRARY OR PICKLE MIGHT BE, PLEASE LET US KNOW, AS WE WANT TO FIX IT UP BEFORE YOU GO

