

# MENU

Trading Hours: Monday to Friday 08.00am till 4.00pm – Saturday 09.00am till 4.00pm (Kitchen open till 3.00 pm).

## BREAKFAST (UNTIL 3PM)

*Joy in the Morning*

### THE GIANT SLAYER 16.5

Crispy Bacon, two eggs (how you like them)  
Sautéed mushrooms, Grilled tomato,  
Haloumi, Avocado, Tomato relish and Toast.

### FULL FLAVOR - BACON AND EGG TOASTY 13.5

Bacon, Fried Egg, Fresh Avocado, Baby spinach,  
zesty tomato relish on Sourdough toast.

### STRENGTH OF SAMSON OMELETTE 13.5

Two whisked eggs, Fresh cream, Salty feta  
cheese, Diced Tomato, Baby spinach,  
served on toast.

### EGGS ON TOAST 12

Two eggs – Fried, Scrambled or Poached with  
your choice of toast.

### TOAST 5.5

Sourdough, Turkish, Raisin or white bread  
served with a condiment of your choice  
Vegemite, Peanut butter, Strawberry jam or  
Honey.

*Extras:* Bacon, Egg, Sautéed mushrooms,  
Grilled tomato, Baby spinach. 3.5 ea

### OLD TIME FAVORITES - CROISSANTS OR TOASTIES 7

Ham and Cheese or Cheese and Tomato.

## HOT AND COLD BEVERAGES

### HOT BEVERAGES (REG / LG) 4.2 / 4.7

### EXTRAS 0.7

Soy, Almond, Lactose Free Milk  
Double shot, Decaf  
Syrups Caramel, Hazelnut and Vanilla.

### TEA IN A POT – T2 4.2

English breakfast, Earl grey, Sencha (green),  
Peppermint, Lemongrass and ginger,  
Chamomile and Chai.

### COLD BEVERAGES 6.7

Iced Coffee, Iced Chocolate,  
Iced Latte and Iced Mocha.

### MILKSHAKES 6.7

Chocolate, Strawberry, Caramel,  
Vanilla, Lime and Banana.

### SMOOTHIES 7.5

Mixed Berries or Mango

*Assortment of – Soft drink and Juices  
in the Fridge – Prices vary.*

## LIGHT OPTIONS

### EGGS AND AVO DONE RIGHT 13.5

Poached eggs and smashed avo served on  
sourdough toast with Crumbled feta cheese  
and parsley.

### LASAGNE OF THE DAY 17.5

*Beef, Cajun Chicken or Vegetarian*  
Oven Baked Lasagne served with Fresh garden  
Salad and Vinaigrette dressing.

### BURGERS ON THE BRAIN 14.5

Juicy beef patty, Fried onion, Mixed Mesclun,  
Fresh tomato, Beetroot and Tomato Chutney  
or sauce on a toasted Bun.

### HEAVENLY QUICHES 17.5

Sweet Pumpkin and Capsicum, Quiche Lorraine,  
Spinach and Feta Cheese or Smoked Salmon.

### GOURMET PIES 8

Chunky Beef, Chicken and Leek, Beef and Mushroom,  
Chicken and Shitake Mushroom or The Tradie Pie.

## FRESH OR TOAST – YOU CHOOSE

*Turkish or Sourdough Bread*

### HEAVENLY CATCH 12.5

Smoked salmon, Cream cheese, Zesty capers,  
Spanish onion, Crisp cucumber, Avocado and  
Baby spinach.

### SIGNATURE SANDWICH 12.5

Oven baked Chicken breast, Fresh avocado,  
Creamy Aioli mayo and Mixed lettuce.

### HITS THE MARK 12.5

Smoked ham, Juicy tomato, Tasty cheese,  
Baby spinach and mayonnaise.

### MOUNT SINAI 12.5

Salami, Creamy pesto mayo, Sundried tomato  
Tasty Cheese and Crisp rocket.

### GARDEN OF EDEN 12.5

Grilled Haloumi, Fresh tomato, Mushroom,  
Capsicum, Mesclun and Seeded mustard mayo.

\*GF options available (\$2)

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## KIDS CORNER

<b>HAM AND CHEESE TOASTIES</b>	6
<b>CHEESY FINGERS</b>	4.5
<b>FROG IN THE POND</b>	4
<b>VARIETY OF COOKIES</b>	4
<b>KIDS MILKSHAKE</b>	4
<b>BABYCINO</b>	2

## SWEET TREATS

*Food for the Soul*

<b>HOUSE BAKED SCONES</b> (2 scones)	6.2
Served with Strawberry jam and Fresh Cream	
<b>BANANA BREAD</b>	6.2
Toasted with a side of Butter and Honey	
<b>MOUTH WATERING MUFFINS</b>	4.5
Blueberry, Triple Chocolate, Raspberry, Apple and Cinnamon	
<b>CAKE DISPLAY COLLECTION</b>	7.5
Served with Fresh Cream OR Ice cream.	
<i>Creamy Ricotta Cake, Banana Cake, Carrot Cake, Red Velvet Cake.</i>	
<i>Mud Cake: Chocolate, Caramel, White Chocolate</i>	
<i>Slices: Caramel, Brownies, Cherry ripe, Snickers Vanilla and more</i>	
*GF options available	