



Breakfast Menu

Available from 7am -11am Weekdays

A Hearty Breakfast	\$18.90
Minute steak, eggs as you like them, crispy bacon, hash browns, chipolata sausages, tomato, mushrooms & buttered toast triangles... See below for optional extras!	
A Simple Brekkie	\$10.90
Good old fashioned bacon & eggs with buttered toast – See below for optional extras!	
Eggs <u>or</u> Bacon <u>or</u> Baked Beans... on toast	\$ 9.90
Served with a slice of buttered toast – see below for optional extras	
Brekkie Baguette	\$ 9.90
Juicy bacon, fried egg & melted cheese baguette with a hash brown	
The Tap Omelette	\$14.90
Bacon, cheese, spinach & tomato omelette with buttered toast triangles	
Omelette Royale	\$15.90
Smoked salmon, Swiss cheese & rocket omelette, buttered toast triangles	

Optional extras

* Add baked beans	\$ 1.50	* Add spaghetti	\$ 1.50
* Add avocado	\$ 3.00	* Add hollandaise sauce (GF)	\$ 2.00
* Add mushrooms	\$ 2.00	* Add chipolata sausages x 2	\$ 2.00
* Add grilled tomato	\$ 1.50	* Add spinach	\$ 2.00
* Gluten free toast	\$ 2.00	* Add asparagus	\$ 3.00
* Add an extra hash brown	\$ 1.50	* Add jalapenos	\$ 1.00
* Add crinkle cut chips	\$ 2.00	* Add halloumi	\$ 2.00
* Add an extra egg	\$ 1.50	* Add minute steak	\$ 4.00
* Add extra bacon	\$ 2.00	* Add aioli	\$ 2.00
* Add smoked salmon	\$ 3.00	* Add Spanish onion	\$ 1.00
* Wholemeal bread available		* Multigrain bread available	

Recommended accompaniment for a hangover!! - Berocca Up & Go \$ 4.00

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Breakfast Salad (Vegan option available) Black beans, corn, tomato, onion, basil, hard-boiled egg, avocado & cucumber salad	\$15.90
Zucchini & Halloumi Fritters Served with a beetroot & balsamic relish, vegetable chips, toasted pepitas	\$14.50
The Bennie Toasted English muffin with grilled tomato, Virginia ham & poached eggs topped with Hollandaise sauce...	\$14.70
* With smoked salmon instead	\$ 3.00
* With bacon instead of ham	\$ 2.00
* Gluten free version	\$ 2.00
Avocado Smash (Vegan option available) With a sprinkle of Danish feta, rocket, cherry tomatoes and a dusting of Dukkha on sour dough toast...	\$14.90
* Add 2 poached eggs	\$ 3.00
* Add bacon	\$ 2.00
Green eggs NO HAM!! Pesto infused scrambled eggs with peas, quinoa, brown rice, spinach and cherry tomatoes	\$15.90
* Add feta	\$ 2.00
* Add bacon bits	\$ 2.00
Egg & Bacon Toasted Sandwich With two fried eggs & bacon	\$ 7.50
Toasted sandwich With ham and cheese <u>or</u> tomato and cheese, see additional extras below	\$ 5.50
Two slices of Toast (white unless otherwise requested) With Strawberry Jam <u>or</u> Vegemite	\$ 4.50
Muesli cups Gluten free mix of raisins, sultanas, dates, pepitas, sunflower seeds, almonds, hazelnuts & pecans topped with natural yoghurt & blueberries	\$ 10.90
Assorted baked goods Chocolate brownies, banana bread, various specials	\$ 2.50

Please see our entrance chalkboard for today's specials...

Please note: Whilst all care is taken, the kitchen utilises products containing Gluten, Dairy, Nuts & Seafood regularly so all meals may contain traces of these

Healthy Smoothies \$7.60

Choc berry & banana: Banana, strawberry, coconut milk, cacao, dried cranberry, sultana, camu camu powder, pumpkin & sunflower seed, beetroot powder, coconut blossom sugar & nectar

Green Superfood: Apple, coconut milk, spirulina, kale powder, flaxseed meal, pumpkin & sunflower seed, sultana, dried apricot, cacao, coconut sugar & nectar

Protein and banana: Banana, almond milk, honey, pea protein, biofermented brown rice, pumpkin & sunflower seed, sultana, cacao, coconut sugar & nectar

The Hot Stuff

Small \$3.70

Medium \$4.20

Large \$5.20

* Cappuccino

* Piccolo

* Hot chocolate

* Turmeric latte

* Jaffa hot choc

* Long black

* Macchiato

* Latte

* Chai latte

* Espresso 3.00

* Chai latte

* Flat white

* Matcha latte

* Beetroot latte

* Affogato \$3.50

Additional extras

* Add Ice-cream **\$0.50**

* Add a coffee shot **\$0.50**

* Whipped cream **\$0.50**

* Vanilla syrup **\$0.80**

* Caramel syrup **\$0.80**

* Hazelnut syrup **\$0.80**

Pot of Tea for One... \$3.00

* English Breakfast

* Honeydew Green

* Malabar Chai

* Chamomile

* Peppermint

* Lemongrass Ginger

* Jasmine Green

* Earl Grey

Alternatives to cow's milk available...

* Almond \$0.80

* Coconut milk \$0.80

* Soy milk \$0.50

* Lactose free \$0.50



Cold drinks

Smoothies \$6.60

Add whipped cream \$0.50

- * Iced coffee
- * Iced chocolate
- * Iced mocha smoothie
- * Iced chai smoothie
- * Iced turmeric smoothie
- * Iced matcha smoothie
- * Iced beetroot smoothie

Served Over Ice Cubes \$5.20

- * Iced black coffee
- * Iced latte
- * Iced chai latte
- * Iced turmeric latte
- * Iced matcha latte
- * Iced beetroot latte

Milkshakes \$5.60

- * Vanilla
- * Chocolate
- * Caramel
- * Strawberry

Tap-made Iced Green Tea \$4.50

With fresh mint & lime

Juice by the Glass

Regular \$3.80

Large \$4.80

- * Orange
- * Tomato
- * Cloudy apple
- * Clear Apple
- * Pineapple
- * Cranberry

Freshly Squeezed Juice \$5.50

Orange juice

Cold & packaged

- | | | | |
|-------------------------------|--------|-----------------------------|--------|
| * Glass Coca Cola 330ml | \$4.00 | * Glass Coke no sugar 330ml | \$4.00 |
| * Glass Diet Coke 330ml | \$4.00 | * Berocca Up & Go | \$4.00 |
| * Coconut Water 510ml | \$3.50 | * Bundaberg Ginger Beer | \$3.50 |
| * Berry Ice Powerade | \$4.00 | * Mt Blast Powerade | \$4.00 |
| * Lemon Lime Powerade | \$4.00 | * Redbull 250ml can | \$4.00 |
| * Redbull Sugarfree can | \$4.00 | * Fuze Peach Iced Tea | \$4.00 |
| * Lemon Iced Tea | \$4.00 | * Raspberry Kombucha | \$4.50 |
| * Lemon Ginger Kombucha | \$4.50 | * Mt Franklin Still Water | \$2.50 |
| * Mt Franklin Sparkling water | \$2.80 | | |