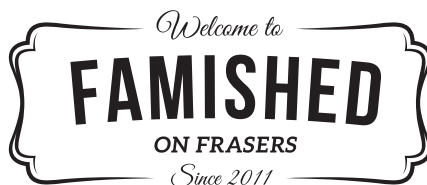


62 Frasers Road
ASHGROVE 4060
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BREAKFAST 7AM - 11AM

Chocolate Waffle Jaffle 17
filled with cinnamon ricotta, serve with rhubarb jam, mascarpone and waffle crumble

Warm Porridge **v** **df** **gf** 16.5
with banana and caramelised fig made on coconut milk

Housemade Granola 15.5
served with yoghurt and seasonal fruit

Breakfast Bagel **veg** 18
crumbed mushroom stuffed with soft cheeses, fried egg, grilled halloumi, hash brown, onion jam & tomato relish
// add bacon 6.5

Smashed Avocado on Ciabatta toast 17
served with poached eggs, roasted balsamic tomato, dukkha and crumbled fetta

Famished Breakfast 25
bacon, poached egg, pork sausage, house baked beans, garlic mushroom, avocado, halloumi, tomato relish and cheesy toast

Breakfast Wrap 18
bacon, egg, cheese, avocado, spinach and bbq sauce

Baked Eggs in Housemade Beans 17.5
pulled beef and chorizo, served with cheesy turkish toast

Eggs Benedict
with thick cut bacon, spinach and hollandaise 18
with smoked salmon, spinach and hollandaise 21

Bloody Mary Plate 19.5
marinated grilled salmon, spicy chorizo sausage, avocado poached eggs, celery siracha muffin, siracha tomato shot, olives

Quinoa & Corn Fritter **veg** **gf** 16
lightly curried fritter with poached eggs and spiced eggplant relish // add bacon 6.5

Vegan Asian Omelette **v** **gf** 18
with wild mushrooms, chilli, garlic, soy & ginger dressing served with petit salad and rice paper crisp

Sweet Potato & Bacon Waffle 18.5
honey sesame popcorn chicken, halloumi and crispy prosciutto

Toasts 7.5
sourdough // turkish // white // multigrain // sourdough // fruit toast
choice of spreads
house jams, crunchy peanut butter, vegemite, honey

Breakfast Sides
bacon // smoked salmon 6.5
house baked beans 5.5
avocado // hash brown 4
garlic mushrooms // roasted tomato 4
grilled halloumi // spinach 4
extra egg // gluten free bread 2
hollandaise // tomato relish // house jam 2

LUNCH 11AM - 2PM

Grilled Salmon **gf** 21
with braised fennel puree and roast winter veg

Pork Belly Burger 18.5
with apple slaw, sage mayo and chunky apple sauce, served with chips

Open Chicken Sandwich 17.5
with hazelnut & thyme, avocado, sliced tomato and watercress, served with veggie crisps

Bacon, Halloumi, Tomato Turkish Sandwich 17.5
maple bacon, grilled halloumi, cos lettuce, sliced tomato, avocado and aioli. Served with chips

Risotto **gf** 18
changes daily, see our friendly wait staff for today's flavours

Vegan Spice Bowl 18
onion pakora, cauliflower popcorn, kasundi, coconut cucumber salad, spiced ancient grains

Warm Lamb Salad **gf** 18.5
with millet, roast beetroot & baby carrot, topped with fetta, pomegranate and mint cashew dressing

Cauliflower Steak **v** 17
with roast cauliflower salad, cauli & white bean sauce, with crispy flat bread



The majority of our menu is available Gluten Free, please ask one of our staff members for more information. All meals are prepared in one kitchen using fresh quality ingredients. **Please note:** we do not cater for half serve requests.

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COFFEE BY TOBY'S ESTATE

Small // Cup // 8oz	4
Medium // Mug // 12oz	4.7
Large // Bowl // 16oz	5.5

flat white // cappuccino // latte // long black
mocha // hot chocolate // chai Latte
dirty chai latte

Babycino	1.5
Espresso	3.5
Piccolo Latte	3.5
Macchiato (Short)	3.5
Macchiato (Long)	4

Coconut Cold Brew	7
single origin coconut infused cold brew, coconut cream, organic coconut sugar	

Iced Drinks	8.5
served with ice cream and cream on top mocha // coffee // chocolate //	

Sticky Chai Tea by Chai Me	5.5
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Extras	0.5
Milk Lab: lactose free // almond // coconut zymil // bonsoy // extra shot // decaffeinated syrups: vanilla // caramel // hazelnut	

MAYDE TEAS

Handmade organic teas sourced from Bryon Bay.
Mayde tea products contain only 100% organic
ingredients, free from artificial colours and flavours.

Energise	4.5
lemongrass, papaya pieces, cinnamon & ginger. Naturally caffeine free.	

Mint-Cacao	4
peppermint leaves & organic cacao nibs. Naturally caffeine free.	

Earl Grey	4.5
black tea, bergamot. Contains caffeine.	

Serenity	4.5
chamomile, passionflower, rose petals & lavender	

Rooibos Turmeric Chai	4.5
rooibos, cinnamon, ginger, cardamon, tumeric, clove, black pepper. Naturally caffeine free.	

English Breakfast	4.5
black tea	

Green Sencha, Jasmine & Rose	4.5
green sencha, jasmine flowers and pose petals	

SOL CLEANSE ORGANIC COLD PRESS JUICES 8.5

Courage - orange, carrot, lemon, turmeric, ginger
Love - beetroot, carrot, apple, lemon, ginger
Radiant - kale, spinach, cos, cumcumber, apple, lemon
Seasonal - check with our friendly staff for today's cold
pressed juice.

PACKAGED DRINKS

Please see our fridge for a wide selection of packaged
drinks from the display fridge.

SMOOTHIES All 9

add Brown Rice Vegan Protein to any smoothie for	1.5
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Protein Smoothie v gf	
frozen banana, flax seeds, peanut butter, honey, chia seeds, almond milk, raw protein powder	

Tim Tam Chiller	
tim tams, vanilla ice cream, chocolate, milk	

Green Smoothie v gf	
kale, spinach, chia, kiwi fruit, goji berries, coconut water, banana	

Banana Smoothie	
bananas, honey, Greek Yoghurt or vanilla ice cream, cinnamon, milk	

Raw Cacao Smoothie gf	
banana, Honey, Cacao, almond milk, peanut butter	

Mango Berry Crush v gf	
mango, strawberries, passion fruit and coconut water	

Mixed Berry	
blueberries, raspberries and strawberries, Greek Yoghurt or vanilla ice cream, milk	

Peanut Butter & Chocolate	
peanut butter, chocolate syrup, milk, vanilla ice cream	

Kids Smoothie	5.5
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MILKSHAKES 7.5

Kids Milkshakes	5
chocolate // caramel // strawberry // vanilla // lime	