

BREAKFAST 7AM - 2PM

PALEO FRIENDLY HONEY GRANOLA {100 gm}

coconut flakes, cranberries, pepitas, linseed, almonds, cashews, hazelnuts, tahini, honey, ginger and cinnamon, served with milk of your choice, vanilla yoghurt, fresh strawberries and blueberries. \$13.5

FRUIT SALAD BOWL

fresh hand cut seasonal fruit, vanilla yoghurt, topped with granola. \$13

TOAST with butter and strawberry jam or vegemite. \$7

> gluten free. \$9

FRUIT AND NUT TOAST with butter and strawberry jam. \$8

CROISSANT with butter and strawberry jam. \$7

> with ham, cheddar cheese and tomato. \$9

> with, chicken, cheddar cheese, avocado and aioli. \$11

BACON AND EGG BURGER

bacon, cheddar cheese, fried or scrambled egg, tomato sauce, in a brioche bun. \$12

FREE RANGE EGGS ON TOAST

two free range eggs cooked to order {poached, scrambled or fried}, toast of your choice. \$14.5

THE BIG BLEND

two free range eggs cooked to order {poached, scrambled or fried}, beef chipolatas, button mushrooms, bacon, oven roasted roma tomato, red kidney beans, hash browns, toast of your choice. \$25

BLEND'S SIGNATURE EGGS BENEDICT your choice of:

> spinach \$19

> honey glazed ham \$19.5

> smoked salmon or bacon \$20

served with two poached eggs, white ciabatta toast and hollandaise sauce.

THE GARDEN

oven roasted sweet potato, avocado, tri coloured quinoa, beetroot hummus, two poached eggs. \$20.5

AVOCADO SMASH

smashed avocado and feta with lemon dressing, smothered on toast of your choice, tri coloured quinoa, sundried tomato, rocket, two poached eggs. \$20

THE STACK

marinated eggplant, grilled haloumi, garlic mushrooms, spinach, a poached egg, toast of your choice. \$20

TOASTED BREKKY TORTILLA

toasted spinach tortilla filled with marinated chicken, red kidney beans, chorizo, avocado puree, a poached egg, hollandaise sauce. \$20

OMELETTE please ask our staff for today's omelette special.

PANCAKES

buttermilk and blueberry pancakes, berry compote, maple syrup, vanilla ice cream. \$20

sides

> beef chipolatas, bacon, smoked salmon, ham, hash browns, red kidney beans. \$4.5

> spinach, avocado, oven roasted roma tomato, button mushrooms, feta, grilled haloumi. \$4

> extra egg, scoop of ice cream, extra slice of toast. \$3

> hollandaise sauce, aioli. \$1.5

kids (under 12)

1/2 SERVE OF EGGS

one free range egg cooked to order {poached, scrambled or fried}, one slice of toast of your choice. \$8.5

MINI FRUIT CUP

a selection of seasonal fruit, vanilla yoghurt. \$7.5

MINI PANCAKES

mini buttermilk and blueberry pancakes, maple syrup, strawberries, vanilla ice cream. \$11

we use:

> ciabatta, rye, 9 seed multigrain and gluten free bread.

> brioche, beetroot flavoured and gluten free burger buns.

* we have vegan options too.