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We take bookings! Just give us a buzz.  
Alternatively you can bug one of our  
staff to grab a spot for breakfast or  
lunch any day of the week.

(03) 9428 9061

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## INDUSTRY BEANS COFFEE

Black 3.8 / White 4 / Filter 3.8 / Cold Brew 3.8

Bonsoy / Almond / Lactose free / Coconut 0.5

Iced Coffee / Iced Chocolate 6

## TEA

English Breakfast / Earl Grey / Gunpowder Green  
Peppermint / Lemongrass & Ginger / Chamomile 4,5

## SOMETHING CHEEKY

Fresh Chai 5

Turmeric Latte 5

Matcha Latte 5

Mörk Chocolate 5

Dark and Coconut Blossom Sugar (70%)

Soft Drinks 4.5

Cola / Gingerbeer / Lemonade

Organic Coconut water 5.5

Milkshake 8

Chocolate / Caramel / Strawberry

## HOUSE MADE PRESSED JUICES

Orange or Apple 7

Green 8

Kale, celery, cucumber, ginger,  
pear, apple, kiwifruit and lemon

Zia-Alice 8

Orange, pineapple, watermelon and mint leaves

## SOMETHING NAUGHTY (Thursday to Sunday)

Auntie Mim 12

Maison Dumont Blanc de Blancs topped with our house made  
Zia Alice juice

Rosie Girl 14

King Valley Rose spritz coupled with strawberry and mint

Menace Mojito 15

Spiced rum paired with fresh lime and mint, causing trouble  
for the classic mojito

Tropical Trouble 15

Spiced gin, tropical lager, fresh orange juice topped with fresh  
cucumber and a dash of bitters

## BEER / CIDER

Moon Dog Brewery

Pale Ale / Lager / Dark Ale 8

Tropical Ale 7.5

Cider 7.5

## WINE

Kangarilla Rd Pinot Grigio 10/38

Adelaide Hills, SA

Mahi Sauvignon Blanc 12/42

Marlborough, NZ

Pizzini Rosetta 10/38

King Valley, VIC

Riposte "The Dagger" Pinot Noir 12/45

Adelaide Hills, SA

Barossa Tower Shiraz 10/38

Tanunda, Barossa, SA

Maison Dumont Blanc de Blancs 10/33

Caves do Wissembourg, France

## BAKERY

### Good Ol' Toast 8

Freshly baked bread and spread.

*Sourdough / Light Rye / Multigrain*

*Seeded Gluten Free +2*

*Peanut Butter / Vegemite / Jam*

(V VG EF DF GF)

### Fruit Toast 10

Fig and almond loaf with a touch of orange mascarpone and a drizzle of honey. (V SOYF)

### Banana Bread 12

Two slices of organic banana bread served with a scoop of cinnamon and cardamom infused labneh. (V SOYF)

## OATS AND GRAINS

### Tapioca Pudding 18

Coconut and kaffir lime infused tapioca, served with mango puree, seasonal poached fruit, and granola, finished with lime coyo. (VG V DF SOYF EF)

### Melon Melange 17.5

Maple roasted granola, watermelon, honeydew melon, rockmelon, citrus yoghurt, toasted coconut, fresh berries and orange. (VG V DF SOYF EF)

## ALL DAY BREAKY

### Eggs Your Way 11

Tell us how you like 'em.

*Poached / Fried / Scrambled +2*

(V SOYF SF GF NF)

### Running Late Wrap 13

Your choice of mushroom or bacon, nestled in scrambled eggs and spinach with tomato relish. (V SOYF NF)

### Ava Smashing Time 22

Smashed avo, pickled beetroot and carrot, heirloom tomatoes, roasted corn, fried chickpeas and Danish feta served with a potato rosti.

*Add Poached Egg +2* (V SOYF NF)

### Spanish Omelette 21

Open omelette, chorizo, cherry tomatoes, roasted capsicum, kipfler potatoes, manchego and coriander served with a slice of sourdough. (NF)

### Rosemary and Garlic Sweet Potato Waffles 22

Homemade sweet potato waffles served with wilted kale, slow braised beef, hollandaise sauce and a poached egg. (NF SF SOYF)

### Hercules Breakfast 22

Toast, scrambled eggs, bacon, sausage, mushroom, roasted tomatoes and a hash brown. (SOYF SF NF)

### Vego Mojo 21

Toast, poached eggs, roasted tomato, spinach, mushrooms, baked beans and a hash brown. (NF SOYF V)

## SALADS & MAINS

### Beetroot and Ginger Cured Salmon 21

Seaweed, cucumber, mizuna and bean shoot salad, with Beni Shoga mayo.

### Salad for Soul 20

Snow peas, edamame, green peas, broccolini, kale, roasted sweet potatoes, smoked tomatoes, halloumi tossed in a zesty tamarind dressing, topped with a poached egg and sesame dukkha.

*Add Grilled Chicken +5 / Add Grilled Salmon +7.5* (V VGA NF GF)

### Bang Bang Chicken 20

Poached chicken, wombok and carrot slaw, cashew nut and sesame dressing, topped with crispy soba noodles. (SOYF SF)

### Spiced Lamb Salad 21

Pulled lamb, quinoa and millet salad, sumac cauliflower, crispy Tuscan kale and a citrus mint labneh.

### Katsu Chicken 20

Crumbed chicken curry, topped with pickled vegetables on coconut rice.

*Add Fried Egg +2*

## BURGERS

### Wagyu Burger 19

Wagyu patty, double cheese, bacon, lettuce, tomato, pickles, aioli and bbq sauce on warm brioche.

*Add Fries +4*

*Add Fried Egg +2*

### Tori Nori 19

Panko crumbed chicken breast with nori and kewpie slaw in a ciabatta bun.

*Add Fries +4*

### Switchblade Sam Sanga 19

Roasted mushrooms, grilled halloumi, radicchio, shaved crispy sweet potato and yoghurt dressing.

*Add Fries +4* (V SOYF SF EF NF)

*\*Please inform our staff of any allergies, as not all the ingredients are listed. Our bread may contain traces of nuts.*

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## SNEAKY SIDES

Egg / Toast / Tomato Relish 2

Spinach / Hashbrowns / Hollandaise 3

Rosemary Sausage / Roast Tomato / Halloumi  
Baked Beans / Bacon 4

Smoked Salmon / Avocado / Field Mushroom 5

Chicken / Smoked Salmon / Cheeky Chips 6

Grilled Cured Salmon 7.5

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### Legend / Key

V vegetarian / VG vegan / VGA vegan alternative  
DF dairy free EF egg free / NF nut free  
SF no added sugar / SOYF soy free

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