

SPROUT SOURDOUGH TOAST/ SOL GLUTEN FREE TOAST \$6

TWO SLICES WITH HOUSE-MADE JAM, OOMITE, BEE ONE THIRD HONEY OR PEANUT BUTTER

FREE RANGE EGGS YOUR WAY \$10

ONE SLICE OF TOAST & TWO ECHO VALLEY EGGS FRIED OR POACHED
SCRAMBLED +\$2

BAGEL WITH LOX vegan \$18

TOASTED BAGEL WITH CARROT LOX, HERBED SCHMEAR, RED ONION & CAPERS
add a fried egg +\$3

FARM SOCCA vegan \$23

CHICKPEA PANCAKE SERVED WITH SEASONAL HOMOUS, TURMERIC CAULIFLOWER,
ROAST PUMPKIN, GREENS, PESTO, PICKLES & TOASTED PEPITAS

KIMCHI SCRAMBLED EGGS \$24

SCRAMBLED EGGS & KIMCHI SERVED WITH THICK CUT BACON, A CHEDDAR TOASTIE
& NEIGHBOURHOOD FARM SPROUTS
vegetarian option: pumpkin or haloumi

LITTLE ACRE MUSHROOM OMELETTE vegetarian \$24

OMELETTE FILLED WITH OYSTER MUSHROOMS, SPINACH & LEMON RICOTTA SERVED
WITH FONTINA CHEESE, CHILLI, PICKLES & SOURDOUGH TOAST

PUMPKIN PIE PORRIDGE \$16

FLAVOURED WITH PUMPKIN AND AUTUMN SPICES. SERVED WITH PUFFED MUESLI
& MAPLE SYRUP
vegan option: oat milk

LOOP CARROTS vegetarian \$23

GRILLED LOOP CARROTS SERVED ON FLATBREAD WITH POACHED EGGS, HALOUMI,
TURMERIC LABNEH, CARROT TOP DRESSING, PEPITAS & NEIGHBOURHOOD FARM
SPROUTS

CORNBREAD WAFFLE \$24

SCRAMBLED EGGS, THICK CUT BACON, AVOCADO & AJVAR SERVED ON A TOASTED
CORNBREAD WAFFLE
vegetarian option: pumpkin or haloumi

McLOCKDOWN MUFFIN \$16

BACON, FRIED EGG, TRASHY AMERICAN CHEDDAR, AIOLI, PICKLES & TOMATO KETCHUP ON
AN ENGLISH MUFFIN
vegetarian option: pumpkin or haloumi

BREAKFAST BROCCOLI vegetarian \$22

GRILLED BROCCOLI & GREENS SERVED ON ROASTED TOMATO CASHEW CREAM WITH
POACHED EGGS & TAPENADE DRESSING
vegan option: avocado

WINTER CRUMPETS vegan \$16

TOASTED CRUMPETS SERVED WITH ROASTED APPLE, DATE CASHEW CREAM & CASHEW
PRALINE

SEASONAL SOUP & SOURDOUGH vegan \$16

BACON & EGG TOASTIE \$15

BACON, FRIED EGG, MAFFRA CHEDDAR, AIOLI & TOMATO RELISH

FRIED EGG TOASTIE \$13

FRIED EGG, MAFFRA CHEDDAR & PICKLES

SCRAMBLED EGG MUFFIN \$15

SCRAMBLED EGG, MAFFRA CHEDDAR, BABY SPINACH & ONION JAM ON A HOUSEMADE
ENGLISH MUFFIN

RANGE OF TOASTIES IN OUR FRIDGE INSIDE