

FOOD MENU

kitchen open from 7am - 3.00pm

BREAKFASTY THINGS

available all day

LUNCHY THINGS

still good for breakfast!

HOUSE BAKED TOAST (V)(DF) / 7.5

Sourdough, spelt & linseed, fruit bread, ciabatta or gluten free. Served with butter and preserves

VEGAN BIRCHER (V)(DF) / 18

Seeds, nuts, grains, poached stone fruit & coconut yoghurt

COCOWHIP BREAKKY BOWL (V)(GF)(DF) / 18

Cocowhip, lupinola, fresh fruit & cashew butter

EGGS YOUR WAY / 13

Poached, fried or scrambled, with your choice of house baked toast

BREAKFAST BURRITO / 18

Chorizo, feta, scrambled egg, white beans, coriander & jalapeño sauce

BAKED EGGS (GF*) / 19

Fire roasted capsicum sauce, harissa, labne, crispy quinoa, fresh herbs

SMOKED BEEF BRISKET HASH (GF*)(D*) / 26

Crispy potatoes, charred leeks, brisket, smoked chilli hollandaise & 2 poached eggs

SWEETCORN & LUPIN FRITTERS (V)(GF)(D) / 19

Avocado cream, smoked tomatoes, pepitas, greens

[add egg + 3]

SPRING BRUSCHETTA (GF*) / 17

MSL sourdough, asparagus, broad beans, grilled haloumi & green mojo sauce

SIDES

Extra sauce / 0.5

Roasted cherry tomatoes / spinach & kale / fetta / 5

Bacon / hot chorizo / haloumi / roasted mushrooms / 5

Korean fried chicken, house smoked salmon / avocado / 6



KIDDY STUFF

for the little ones only

POACHED OR SCRAMBLED EGGS WITH TOAST / 6

SOURDOUGH TOAST & VEGEMITE / 4

VEGAN COCONUT BIRCHER MUESLI / 8

WAFFLES, CHOCOLATE SAUCE & BANANA / 12

FISH & CHIPS / 8

BACON & CHEESE TOASTIE / 8

KIDS VEGE PASTA / 8

BANANA/CHOC/CARAMEL/VANILLA SMOOTHIE / 6

SOUL SANDWICH / 25

Polenta waffle, buttermilk fried chicken, avocado, smoked sour cream, chilli maple syrup, jalapeños

CRISPY SNAPPER TACOS (3) / 17

Shaved cabbage, guacamole, pickles, green tomato sauce **[add fries + 6]**

SALMON POKE TOSTADA (GF*) / 22

Fresh salmon, asparagus, pepitas, quinoa, chipotle tahini, crispy tortillas

LITTLE PIGGY / 22

Corn bread, pulled pork, poached eggs, smoked chilli hollandaise, fennel & apple salad, crispy pigs ears

THE HOT BIRD / 19

Spicy buttermilk fried chicken, American cheese, iceberg, fancy sauce, pretzel bun **[add fries +4]**

BLACK ANGUS STEAK SANDWICH / 25

Black angus rump steak, spicy nduja, roasted capsicum relish, rocket, aioli & fries

GREEN BOWL (V)(GF)(DF) / 16

House sauerkraut, kale, quinoa, edamame, avocado, roasted seeds, green goddess hummus **[add egg +3]** **[add KFC +6]**

GARDEN BOWL (V)(GF)(DF) / 15

Beetroot hummus, roasted root vegetables, warm quinoa & lemon salad, dukkah chips **[add egg +3]**

NOURISH BOWL (V)(GF)(DF) / 20

Turmeric chicken, golden goddess hummus, roasted vegetables, red kraut, grains, raddichio, dukkah crusted egg **[add avocado +6]**

SHOESTRING FRIES / 8.5

With garlic aioli



ADULT ADDITIONS

the perfect thirst quencher

APEROL SPRITZ / 15

CLASSIC MIMOSA / 12

STRAWBERRY & WATERMELON MIMOSA / 12

CUCUMBER & JALAPENO MARGARITA / 15

MARMALADE & ELDERFLOWER GIN FIZZ / 15

MSL BLOODY MARY / 15

TURN OVER FOR DRINKS & COCOWHIP

(GF) GLUTEN FREE (D) DAIRY FREE (V) VEGAN (*) GF/D/V OPTIONS AVAILABLE

ALLERGIES!! PLEASE LET OUR STAFF KNOW ABOUT ANY ALLERGIES YOU MAY HAVE. OUR KITCHEN CONTAINS GLUTEN, NUTS & OTHER ALLERGEN PRODUCTS. LUPIN MAY CAUSE A ALLERGIC REACTION IF ALLERGIC TO NUTS

PUBLIC HOLIDAYS INCUR A 15% SURCHARGE