

FOOD

KITCHEN OPEN 7AM - 3PM

ALL DAY MENU



GOOD MORNING

available all day



LUNCH TIME

still good for breakfast!

HOUSE BAKED TOAST (V)(DF) / 7

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

VEGAN BIRCHER (V)(DF) / 17

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 / 19

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

FOLDED EGGS ON TOAST (GFO) / 22

Roasted asparagus, broken eggs, Cambray Farm Boursin cheese, Freo oyster mushrooms, Saltbush crumb, sourdough

SMOKED BEEF BRISKET HASH (GF*)(D*) / 25

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

SUMMER BRUSCHETTA (GFO*) / 18

Avocado, roasted seeds, buffalo ricotta, pickled nectarine, rocket. **[add egg + 3] [add Bacon + 5]**

BREAKFAST BANH MI / 20

Slow cooked pork belly, fried egg, pickles, apple aioli, crackling, black vinegar.

SIDES

Extra sauce / 0.5

Roasted cherry tomatoes / spinach & kale / fetta / 5

Bacon / avocado / haloumi / roasted mushrooms / 5

Korean fried chicken / house smoked salmon / hot chorizo / 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

BACON & CHEESE TOASTIE / 8

FISH & CHIPS / 8

BANANA+HONEY SMOOTHIE OR

CHOC/CARAMEL/VANILLA MILKSHAKE / 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 + 5]**

TUNA POKE BOWL (GF*) / 20

Sashimi grade tuna, brown rice, pickles, radish salad, avocado kewpie, seaweed crisp, sesame

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 + 5]**

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 (VO)(GF)(DF) / 20

Turmeric chicken, golden goddess hummus, roasted vegetables, red kraut, grains, raddichio, dukkah crusted egg **[add avocado + 5]**

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

Avocado cream, smoked tomatoes, pepitas, greens **[add egg + 3] [add Bacon + 5]**

SHOESTRING FRIES / 8.5

With garlic aioli



ADULT ADDITIONS

the perfect thirst quencher

APEROL SPRITZ / 15

CLASSIC MIMOSA / 12

STRAWBERRY+WATERMELON MIMOSA / 12

MARMALADE & ELDERFLOWER GIN FIZZ / 15

MSL BLOODY MARY / 15

TURN OVER FOR DRINKS & COCOWHIP

(GF) GLUTEN FREE (GFO) GLUTEN FREE OPTION AVAILABLE (D) DAIRY FREE (V) VEGAN (VO) VEGAN OPTION
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



BOOZE

BEER

Gage Roads Single Fin / 9
 Gage Roads Atomic Pale Ale / 9
 Little Creatures 'Rogers' mid strength / 9
 Apple Thief 'Granny smith' Cider / 9

WINE / SPARKLING

San Martino Prosecco - Veneto, Italy 10.5 / 42
 Upside Down SBS -8 / 35
 Upside Down Cabernet Merlot 8 / 35

COCKTAILS

Aperol Spritz / 15
 Classic Mimosa / 12
 Strawberry & Watermelon Mimosa / 12
 Marmalade & Elderflower Gin Fizz / 15
 MSL Bloody Mary / 15



COCOWHIP

Original Cocowhip / 7

Kids serve / 4

Toppings [+2]

lupinola, choc sauce, caramel sauce

SUNDAES

Christmas Sundae (V) / 12

Vegan gingerbread, vegan gummy bears

Not so rocky road sundae (V) / 11

Marshmallow, peanuts, dried cherry, choc sauce

Cookie monster sundae (V) / 11

Peanute butter & chocolate cookie, caramel sauce

Krunchie sundae (V) / 12

Vegan honeycomb, choc sauce

Fruit sundae (V) / 12

Strawberry, orange, apple, kiwi fruit, banana, lupinola

COCOWHIP FRAPPES

Raw Choc Coco Frappe (v) / 10

Cocowhip, raw cacao, coconut milk

Tropical Coco Frappe (v) / 11

Cocowhip, mango, papaya, passionfruit, apple juice

Christmas Coco Frappe (v) / 10

Cocowhip, vegan gingerbread, coconut milk



HOT DRINKS

COFFEE

Regular / 4
 Large / 4.5
 Batch brew / 3 / 4
 Cold brew / 6
 Iced latte / 7
 Affogato / 6
 Cocogato
 (cocowhip) / 8.5

NOT COFFEE

Chai latte / 4.5 Iced Chai latte / 6
 Chai tea latte (Wet chai with brewed milk) / 5
 Turmeric latte / 4.5
 Turmeric Choc latte / 4.5
 Matcha latte / 4.5 Iced Matcha latte / 6
 Iced Moka/ Iced Coffee/ Iced chocolate / 7
 Iced Latte / 6
 Soy +0.70 Almond +0.80 Coconut +0.80
 Lactose Free +0.60

TEA / 4.5

English breakfast
 Early grey
 Marsala Chai
 Chamomile, jasmine & rose
 Peppermint
 Organic green
 Lemongrass & ginger



COLD DRINKS

COLD PRESSED JUICE

Dr.Beet: Beetroot, celery, apple / 8.5
Hakuna Matata: watermelon, strawberry, apple / 8.5
Bazinga: Carrot, ginger, pear, lime & apple / 8.5
Hulk: Kale, apple & lemon / 8.5
Apple Zinger (with lime) / 8
Orange / 8
[add a shot of wild vinegar + 2]

MILKSHAKES / 8

Peanut butter & chocolate
 Salted caramel
 Malted vanilla
[add Cocowhip topping + 4]
[add alternative milk +1]

SMOOTHIES / 9

Green: spinach, kale, celery, banana, apple juice, spices, apple juice.
Breakfast: banana, oats, cinnamon, dates, milk
Berries: strawberry blueberry, raspberry, dark cherry, apple juice, chia seeds
[add Cocowhip topping + 4]
[add alternative milk +1]

COLD DRINKS

Parkers Organic Sodas / 6
[Cola, Lemonade, LLB, ginger beer]
 May Street Kombucha / 7
 Kvass / 10