

All Day BREAKY & BRUNCH

TOASTED TOAST (GFO) 7
Toasted Sourdough with Jam & Butter

EGGS OF YOUR CHOICE (GFO) 12
Two Free Range Eggs- Poached, Fried, or Scrambled on Butter Toasted Sourdough

CHILLY SCRAMBLED (GFO) 16
Free Range Scrambled Eggs with, Fresh Red Chilly, Spring Onion on Butter Toasted Sourdough Topped with Freshly Grated Parmesan & drizzled with Chilly Oil.
Add Chorizo 4

BIG BREAKY (GFO) 25
Two Free Range Eggs on Buttered Toasted Sourdough, Grilled Tomato, Chorizo, Bacon, Spinach, Hash Brown & Mushroom.

VEGE BREAKY (GFO) 25
Eggs of Your Choice on Buttered Toasted Sourdough, Grilled Tomato, Grilled Halloumi, Avocado, Spinach, Hash Brown & Mushroom.

AVO HUNT (GFO) 14
Smashed Avocado on Sourdough with Herby Feta Crumb, Cherry Tomato, Balsamic Glaze & House Dukkha
Add Poached Egg +3

EGG BENNY (GFO) 21
Smokey Paprika & Hollandaise Topped Poached Eggs on Potato Hash, 12 Hours Slow-Cooked BBQ Pulled Pork and Beet Root Puree

ATLANTIC BENNY (GFO) 22
Smokey Paprika & Hollandaise Topped Poached Eggs on Smoked Salmon, Potato Hash, Smashed Avocado, Spinach, & Beet Root Puree

FITTERS STACK (GF) 19
Zucchini, Carrot & Corn Fritters with Tomato Relish, Chef Made Beet Hummus, Spinach, Smashed Avocado, Poached Egg, Freshly Grated Parmesan & House Dukkha

BREAKY BUN 15
Toasted Brioche Bun with Hash Brown, Fried Egg, Bacon, Cheddar Cheese, & Tomato Relish)
Add Chips +4 Add Avo +4

SUPER FOOD BOWL (GF) 19
Quinoa, Spinach, Kale, Broccoli, Avocado, Dried Cranberry, Pumpkin Seed & Sunflower Seed Tossed with House Lemon Dressing & Topped with Poached Egg

FALAFEL BOWL (GF) 19
Falafel with Lemon Dressed Mixed Lettuce, Cucumber, Onion, Tomato, Pickled Cabbage & Topped with Chef Made Beet Root Hummus

OPEN LAMB/CHICKEN SOUVLAKI 20
Lamb, Cucumber, Tomato, Lettuce, Onion, Pickled Cabbage, Tzatziki on Pita Bread.
Add chips +4 Add Onion Rings +5

OPEN FALAFEL SOUVLAKI 20
Falafel, Cucumber, Tomato, Lettuce, Onion, Pickled Cabbage, Chef made Beet Root Hummus on Pita bread
Add Chips +4 Add Onion Rings +5

SPAGHETTI MARINARA 28
Spaghetti with Mussels, Prawns, Calamari, Scallops Cook in Olive oil with White Wine, Garlic and Parsley.

PENNE POLLO 24
Penne with Chicken and Mushroom cooked in White Wine Rose Sauce with Garlic, Parsley and topped with Grated Parmesan.

HOT CAKE 18
Pan Cake Stack with Maple Syrup, Mixed Berry Compote, Meringue & Vanilla Ice-Cream

WAFFLES 18
Waffles with Maple Syrup, Mixed Berry Compote, Meringue & Vanilla Ice-Cream

Add-on

Egg	3	Hash Brown	3
Avocado	4	Mushroom	4
Grilled Tomato	3	Grilled Halloumi	4
Chorizo	4	Smoked Salmon	4
Spinach	4	Bacon	4
Herby Feta	4	Ham	4

Carries on Lunch

Any one Veg Curry from the Main Menu with Rice	16
Any one Chicken Curry from the Main Menu with Rice	18
Any one Lamb, Goat or Beef from the Main Menu with Rice	19
Any one Seafood Curry from the main menu with Rice	21