

BREAKFAST

TOAST 8

choice of bread, 2 slices w. butter and 1 condiment:

iggy's sourdough - soy linseed - turkish - rye - focaccia - raisin - gluten free 2

strawberry jam - vegemite - peanut butter - orange marmalade - honey

BACON & EGG ROLL 10

bacon, fried egg, bbq sauce, milk bun

SMASHED AVOCADO 20

toasted soy linseed, avocado, tomato, 2 poached eggs, feta, balsamic glaze

CORN FRITTERS 22

avocado salsa, bacon, chilli jam

MEGA BREAKFAST 26

2 eggs, bacon, hash brown, sausage, mushroom, avocado, grilled tomato, soy linseed toast

OMELETTE 21

ham, mushroom, spinach, tasty cheese, tomato, grilled onion, soy linseed toast

EGGS BENEDICT 19 / 24 W. SALMON

2 poached eggs, hollandaise, toasted soy linseed, served w. your choice of bacon, ham or smoked salmon

TROPICANA CLASSIC 21 / 26 W. SALMON

3 eggs - fried, scrambled or poached, served w. tomato, soy linseed toast and your choice of sausage, bacon or smoked salmon

HOTCAKE STACK 22

3 hotcakes, berry-honeycomb butter, caramelised banana, mixed berries, maple syrup

AÇAI BOWL 18

organic açai, granola, seasonal fruit, chia seeds, coconut flakes

+ peanut butter 2

3 GRAIN PORRIDGE 17

rolled oats, chia seeds, linseed, berry compôte, seasonal fruit, coconut flakes

+ whey protein 3

GRANOLA 17

seasonal fruit, granola, yoghurt, honey

BREAKFAST

EXTRAS

CALABRIAN CHILLI 3

HASH BROWN 3.50

POACHED / FRIED EGG 3.50

GRILLED TOMATO 4

BAKED BEANS 4

SCRAMBLED EGGS 4.50

AVOCADO 4.50

MUSHROOMS 5

SPINACH 5

SAUSAGE 5

BACON 5

HALLOUMI 6

GRILLED CHICKEN 7

SMOKED SALMON 8

BAMBINI

UNDER 12 YEARS ONLY

CHEESE MELT 6

toasted white slice, tasty cheese

KIDS BREAKFAST 13

bacon, 1 egg, hash brown, white toast

HOTCAKE 10

served w. maple syrup

BAMBINI MILKSHAKE 6

chocolate, vanilla, strawberry, banana or caramel

BABYCCINO 2.50

SANDWICHES

CHOICE OF FOCACCIA, SOURDOUGH, TURKISH, SOY LINSEED, RYE, GLUTEN FREE 4

POLLO 18

grilled chicken, tasty cheese, avocado, mayo, cos lettuce

ROMANA 18

prosciutto, basil pesto, avocado, rocket, provolone

SCHNITZEL 18

chicken schnitzel, cos lettuce, tomato, tasty cheese, caesar mayo

THE LOT 18

salami, ham, antipasto, cos lettuce, cucumber, tomato, red onion, tasty cheese

BOSCO 18

ham, mushroom, tomato, avocado, provolone

BRACCIO DI FERRO 18

ham, provolone, spinach, boiled egg, mayo

VEGETARIAN 17

tomato, red onion, cucumber, antipasto, tasty cheese, cos lettuce

ORTOLANA 17

artichoke, tomato, spinach, mushroom, tasty cheese

Please advise our wait staff of any allergies or dietary requirements before ordering.

All card transactions incur a 1.5% surcharge

ILLY COFFEE

Espresso	4
Piccolo Latte	4.50
Macchiato	
Latte	
Flat White	
Cappuccino	
Long Black	
Mocha	5.50
Hot Chocolate	5
Chai Latte	
Affogato	9
Affogato & Frangelico	18

CHILLED

Iced Latte	6
Iced Long Black	
Iced Chai	
Iced Mocha	8
Iced Coffee	whipped cream, ice cream
Iced Chocolate	whipped cream, ice cream

EXTRA

Extra Shot of Coffee	.50
Decaf	
Large Size	
Monin Syrup	vanilla, caramel or hazelnut
Almond Milk	milk lab
Oat Milk	alternative
Soy Milk	bonsoy

TEA

English Breakfast	4.50
Earl Grey	
Irish Breakfast	
Green	
Peppermint	
Chamomile	

JUICE

FRESHLY SQUEEZED S 6 / L 9
Orange Juice

COLD PRESSED	6
Apple Juice	

COLD

SOFT DRINKS

Coca Cola	4.50
Coke Zero	
Lemonade	
Lemon Lime & Bitters	6
Pink Lemonade	
Kombucha	

SAN PELLEGRINO 6

Limonata	lemon
Aranciata Rossa	blood orange
Pompelmo	grapefruit
Clementina	mandarin
Melograno & Arancia	pomegranate, orange
Chinotto	bitter citrus
Aranciata	orange

S. Pellegrino Sparkling Water
250ml 5 / 500ml 6.50 / 750ml 9.50

Acqua Panna Still Water
250ml 5 / 500ml 6.50 / 750ml 9.50

SMOOTHIES, FRAPPÉS & SHAKES

MILKSHAKES 10

Chocolate
Strawberry
Vanilla
Caramel
Banana

SMOOTHIES 12

Açaí
açaí berries, banana, guarana, cane sugar
Matcha
matcha, coconut, mango, yoghurt
Roar Protein
whey protein, peanut butter, coconut flakes, chia seeds, banana, honey, milk
Mango
mango, banana, yoghurt milk
Banana
banana, honey, yoghurt, milk
Mixed Berry
mixed berries, banana, yoghurt, milk
Green
spinach, pear, apple, pineapple, banana

+ alternative milk 2
almond, oat or soy
+ whey protein 3
chocolate or vanilla

FRAPPÉS 12

Watermelon
watermelon, mint
Strawberry
strawberries, mint
Tropical
pineapple, passion fruit, mango
Sunrise
strawberry, kiwi, pineapple, mango
Sorrento
lemon, lime, mint