

COFFEE L SIZE, VEGAN MILK, ALL EXTRA +0.5 EACH

WHITE / HOUSE BLEND	5.5
BLACK / SEASONAL SINGLE ORIGIN	6
ICED COFFEE / BATCH BREW / COLD BREW	7





TEA / ICED +1

EB / JASMIN / PEPPERMINT	6
LEMON HONEY YUZU / CHAI	7
MATCHA / + YUZU 2 / + STRAWBERRY 2	7

SQUEEZED JUICE

ORANGE		
KALE SHED	Kale, cucumber, pineapple, lemon	
PINK LADY	Red apple, carrot, mint	

SMOOTHIE + PROTEIN POWDER 1

 GOOD MORNING	Oat milk, banana, paleo granola, peanut butter	
  BERRY BURST	Acai berries, banana, coconut water	
 RED FIELD	Strawberry, yoghurt, coconut water, mint	

SOFT DRINKS

KOMBUCHA 6.5 / SPARKLING WATER 5.5 / WATER 5 / COKE 5

BOOZE

YOUNG HENRYS Newtowner pale ale / ASAHI Super dry	9
HOUSE SAUVIGNON BLANC / HOUSE SHIRAZ	9 / 35

ALL DAY EATS

TOAST / BREAD

Sourdough 7 / Fig & raisin 8 / GF 8 / + Avocado 5.5 /
Avocado, feta, chilli flakes, single toast 9.5
Truffled mushroom cheese melt 16
House baked banana bread 8 / Pumpkin bread 8

EGGS ON SOURDOUGH

Your style eggs, single sourdough / GF +1 12
Scrambled egg +3 / Chilli chives scrambled egg +4 / Extra egg +3
+ Hash brown 4 / + Mushroom, Tomato 5 each / + Avocado, Bacon 5.5 each
+ Halloumi 6 / Grilled chicken 7 / + Smoked salmon 8

BACON EGG PANINI

Double egg, bacon, tomato relish, rocket, aioli / + Cheese 2 / + Hash brown 4 / + Avocado 5.5 15

NOOK BREKKY SANDWICH

Chilli chives scrambled egg, American cheese, caramelized onion, chilli mayo, brioche bun 15
+ Hash brown 4 / + Ham, Bacon, Corned beef, Avocado 5.5 each / + Halloumi 6 / Chicken 7

BAGEL

Plain / Seeded / + Cream cheese 1 / + Lemon chive cream cheese 2 / + Avocado 5.5 8
Smoked salmon, chive cream cheese, mint, cucumber, caper 16.8

GRANOLA YOGHURT

Paleo granola, berry compote, fruits, coconut chips, chia seed / + Honey 1 15

THE BENNY

Sauteed kale, avocado, poached eggs, miso hollandaise, buttery miso crisp, brioche bread 20
Scrambled egg instead 3 / + Hash brown 4 / + Ham, Bacon, Corned beef 5.5 each
+ Mushroom, Tomato 5 each / + Halloumi 6 / Grilled chicken 7 / + Smoked salmon 8

HALLOUMI STACK

Grilled halloumi, avocado, tomato, rocket, pesto, poached eggs, aioli on a sourdough 23
Scrambled egg instead 3 / + Hash brown 4 / + Bacon 5.5 / + Mushroom 5
+ Grilled chicken 7 / + Smoked salmon 8

BURGER / SANDWICH / PITA POCKET

+ CHIPS 7.5 / + SWEET POTATO CHIPS 8.5 / + AVOCADO 5.5 / + HASH BROWN 4
+ BACON 5.5 / + HALLOUMI 6 / + FRIED EGG 3

CHICKEN KATSU BURGER 16.8
Japanese katsu, American cheese, tomato, miso aioli slow, brioche bun

SMASHED BEEF BURGER 18.8
Double patty, double cheese, tomato, pickle, onion, mustard aioli, brioche bun

SMOKED SALMON BAGEL 16.8
Lemon chive cream cheese, mint, cucumber, caper, bagel

HARISSA SPICY CHICKEN 16.8
Grilled harissa chicken, lemon chive cream cheese, lettuce, brioche bun

GRILLED VEGGIE 16.8
Grilled mushroom and zucchini, lettuce, tomato, harissa, aioli, soy linseed sourdough

REUBEN 16.8
Corned beef, Swiss cheese, sauerkraut, pickle, Russian dressing, rye sourdough

GRILLED CHICKEN 16.8
Bacon, cheese, onion, tomato, rocket, mint, pesto aioli, panini

LAMB PITA POCKET 18.8
Pulled lamb, yoghurt aioli, mint, parsley, seeded mustard, sauerkraut

HALLOUMI PITA POCKET 17.3
Gilled halloumi, fried egg, mushroom, tomato, harissa / + Bacon 5.5 / + Avocado 5.5

BREAD OPTIONS
Soy linseed sourdough / Rye sourdough / Brioche bun / Panini / GF bread +1

SIDES

Chips 7.5 / Sweet potato chips 8.5 / + Hash brown 4 / Extra egg 3 / Hollandaise sauce 3
Mushroom, Tomato, Pumpkin 5 each / Avocado, Bacon, Ham, Corned beef 5.5 each
Halloumi 6 / Grilled hicken 7 / Chicken katsu 8 / Smoked salmon 8

SPECIAL

TUNA BOWL 28
Soy sauce seasoned raw tuna, avocado, edamame, shallot, cucumber, onion, seasoned seaweed, sesame seed, sushi rice
+ A poached egg 3

CHILLI PORK RICE 23.8
Chilli miso pork mince scrambled egg, shallots, crispy onion, steamed rice, shiso
+ Hash brown 4 / + Prawn 6 / + Chicken katsu 8

KATSU CURRY 24
Curry of the day, chicken katsu, rice / Ask our staff today's curry
+ Fried egg 3 + Hash brown 4

SALAD

SALAD BAR 18.8
2 selections of salad bar. See our salad of the day in the salad bar

WARM CHICKEN SALAD 23.8
Grilled chicken tenderloin, grilled mushroom and zucchini, edamame, greens, yoghurt mustard dressing
+ A poached egg 3 / + Avocado 5.5

WINTER SOUP

SOUP OF THE DAY 18.8
Served w a sourdough

KID

EGG MAYO SANDWICH 12
Smashed egg, mayo, brioche bread

HAM CHEESE MELT 12
Grilled ham, cheese, brioche bread

COFFEE L SIZE, ALL EXTRA +0.5 EACH

WHITE / HOUSE BLEND	5.5
BLACK / SEASONAL SINGLE ORIGIN	6
ICED COFFEE / BATCH BREW / COLD BREW / MATCHA	7

TEA

EB / JASMIN / PEPPERMINT	6
LEMON HONEY YUZU / CHAI	7
MATCHA / + YUZU 2 / + STRAWBERRY 2	7





SQUEEZED JUICE 9

ORANGE

KALE SHED Kale, cucumber, pineapple, lemon

PINK LADY Red apple, carrot, mint

SMOOTHIE + PROTEIN POWDER 1 10

 GOOD MORNING	Oat milk, banana, paleo granola, peanut butter
  BERRY BURST	Acai berries, banana, coconut water
 RED FIELD	Strawberry, yoghurt, coconut water, mint

SOFT DRINKS

KOMBUCHA 6.5 / SPARKLING WATER 5.5 / WATER 5 / COKE 5

BOOZE

YOUNG HENRYS Newtowner pale ale / ASAHI Super dry	9
HOUSE SAUVIGNON BLANC / HOUSE SHIRAZ	9 / 35

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WEEKEND / HOLIDAY MENU

SURCHARGE WILL BE APPLIED

ALL DAY EATS

TOAST / BREAD

Sourdough 8 / Fig and raisin 9 / GF 9 / + Avocado spread 5.5

Avocado, feta, chilli flakes on single sourdough 9

Mushroom, cheese, truffle toastie 17

House baked banana bread 8 / Pumpkin bread 9

BAGEL 9

+ Cream cheese 1 / + Lemon chives cream cheese 2 / + Avocado 5.5

Smoked salmon, lemon chive cream cheese, cucumber, mint, caper 19.5

EGGS ON SOURDOUGH 14

Your style eggs w single sourdough

Scrambled egg +3 / Chilli scrambled egg 4 / + Extra egg 3 / GF bread +1

+ Hash brown 4 / + Mushroom, Tomato 5 each / + Bacon, Avocado 5.5 each

+ Halloumi 6 / + Grilled chicken 7 / + Smoked salmon 8

GRANOLA YOGHURT 16

Paleo granola, berry compote, fruits, coconut chips, chia / + honey 1

N	NOOK BREKKY SANDWICH	17.5
	Chilli chives scrambled egg, American cheese, caramelized onion, chilli mayo, brioche bun + Hash brown 4 / + Corned beef 5.5 / + Bacon 5.5 / + Avocado 5.5 + Halloumi 6 / + Grilled chicken 7	
	BACON EGG PANINI	17.5
	Double eggs, rocket, tomato relish, aioli / GF bread +1 + Cheese 2 / + Hash brown 4 / + Avocado 5.5 / + Halloumi 6	
GF	ALMOND PANCAKE	23
	Cream cheese, berry compote, fruits, maple, coconut chips	
V	THE BENNY	22
	Sauteed kale, avocado, poached eggs, miso hollandaise, buttery miso crisp, brioche bread + Hash brown 4 / + Mushroom, Tomato 4.5 each / + Halloumi 6 + Ham, Bacon, Corned beef 5.5 each / + Smoked salmon 8	
H	CHILLI PORK RICE	24
	Chilli miso pork mince scrambled egg, shallots, shiso, crispy shallot steamed rice + Hash brown 4 / + Prawn 6 / + Chicken katsu 8	
GF	TUNA BOWL	28
	Soy sauce seasoned raw tuna, avocado, edamame, shallot, cucumber, onion, seasoned seaweed, sesame seed, sushi rice + A poached egg 3	
H	KATSU CURRY	25
	Curry of the day, chicken katsu, rice + Fried egg 3 / + Hash brown 4	
	SOUP OF THE DAY	20
	Served w a sourdough	

SANDWICH + Chips 7.5 / + Sweet potato chips 8.5

SMASHED BEEF BURGER 19.5

Double patty, double cheese, tomato, pickle, onion, mustard aioli, brioche bun
+ A fried egg 3 / Avocado 5.5 / + Bacon 5.5

SMOKED SALMON BAGEL 19.5

Lemon chive cream cheese, cucumber, mint, caper, bagel
+ A poached egg 3 / Avocado 5.5 / + Halloumi 6

REUBEN 18.5

Corned beef, Swiss cheese, sauerkraut, pickles, Russian dressing, rye sourdough

V **GRILLED VEGGIE** 18.5

Grilled mushroom and zucchini, lettuce, tomato, grilled zucchini, aioli, harissa, soy linseed sourdough / + Halloumi 6

H **HARISSA SPICY CHICKEN** 18.5

Grilled harissa chicken, lemon chive cream cheese, lettuce, brioche bun

KID

EGG MAYO SANDWICH 12

Smashed egg, mayo, brioche bread

HAM CHEESE MELT 12

Grilled ham, cheese, brioche bread

SHARE / SIDES

Extra egg 3 / Hollandaise sauce 3 / Chips 7.5 / Sweet potato chips 8.5
Hash brown 4 / Mushroom, Tomato 4.5 each / Halloumi 6 / Grilled chicken 7
Avocado, Bacon, Ham, Corned beef 5.5 each / Chicken katsu 8 / Smoked salmon 8