



- Homemade muesli** w seasonal fruit, yoghurt & honey 8
- Bircher muesli** w banana, passionfruit & yoghurt 8
- Fruit salad** w lemon labna & raspberry coulis 10
- Toast** w jam, peanut butter or vegemite 4
(choice of turkish bread, sourdough or wholegrain)
- Organic Croissant** with:
- homemade jam 5½
 - princi ham, cheese, tomato 7½
 - cheese & tomato 6½
- Organic fruit toast** 4½
- Pancakes** w a cranberry & maple butter, fresh strawberries and cream 12
- Scrambled egg & bacon roll** w spicy tomato relish & rocket 10
- Corn fritters** w Otway free range bacon & a mexican style salsa 12
- Henry's white beans** w garlic & rosemary served w rocket, dukkah & toast 10
- Scrambled Eggs** w fresh herbs on sourdough toast 10
- The Mumbler** – poached eggs on toast with pesto, fetta, spinach fresh tomato & dukkah 12½
- A Minor breakfast** – Poached eggs on toast with grilled ham, roast tomato, Henry's white beans, spinach & dukkah 15
- Brazilian breakfast** – poached eggs on toast with avocado, roast tomato, Henry's beans, spinach & dukkah 15
- Bullseye bagel** – toasted bagel with grilled ham, spicy relish, rocket & a poached egg 9½
- New York style bagel** – avocado, dukkah & lemon w dill & caper cream cheese 8

Gluten free bread available 2 extra

We only use organic free range eggs, organic bread & free range chicken

*Sorry we are unable to split bills.

Monday - Saturday 8am - 5pm
Sunday 8:30am - 5pm

Updated Dec 09



- B.L.A.T.**, Otway free range bacon, cos lettuce, avocado & tomato in sourdough toast 12½
- Vietnamese salad roll**, coriander, bean shoots, cucumber, red capsicum & carrot w a lime & chilli mayo 8½
- Salami pide** w fetta, fresh tomato, rocket and capsicum mayo 10
- Steak Sandwich** w caramelised onion, beetroot, rocket & Mayo 13
- Chicken Sandwich**, organic free range chicken w mayonnaise, swiss cheese, onion chutney & rocket on wholegrain 11
- Spanakopita** & orange garden salad w a citrus dressing 13½
- Salad of the day & sandwich specials listed on the specials board.**

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Drinks

- Coffee** 3.20
Soy add 50c
- Affogato** 3.70
- Mocha** 3.70
- Hot Choc** 3.20
- Iced chocolate** 4½
- Iced Mocha** 5
- Iced Coffee** 4.70
- Phoenix Chai Latte** 3
- Calmer Sutra Chai Pot** 4
- Tea** 3½
- English Breakfast, Irish
Breakfast, Earl Grey,
Peppermint, Lemongrass &
Ginger, Peppermint Licorice &
ginger, Gen Mai Cha green Tea

- Organic Orange juice** 3½
- Mineral Water 500ml** 3½
1 litre 5½
- Phoenix Organic drinks** 3½
- Cola, Gingerbeer, Apple &
Guava, Apple & Pear, Sparkling
Cranberry & Lime

- Beer** (wine & Spirit list available)
- Coopers Pale Ale SA 6
- Corona 7
- Heineken 7
- Nastro Azzurro Peroni 7
- Boags (long neck) 9
- Coopers Light 5½

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