

EAT ME

☉ BREKKIE ☉ ALL DAY

- **sourdough toast / 7.00**
white, seeded or rye sourdough, turkish, gluten free, charcoal (gf), condiments, usual line up
- **sour cherry & raisin toast / 7.00**
add ricotta & honey 3.00
- **eggs your way on toast / 11.50**
be the cook - poached, fried or scrambled
add sides to build a brekkie...
 - extra egg 3.00
 - ricotta / feta / roast tomatoes 3.50
 - sauteéd kale / bacon / hash browns (x3) / house beans 4.00
 - avo / salmon gravlax / haloumi / chorizo / confit mushrooms 5.00
- **tooty fruity fresh fruit bowl / 12.00**
add yoghurt 3.00
add granola 3.50
add paleo muesli 4.00
add coconut yoghurt 4.00
- **black sticky rice bowl / 18.50**
black sticky rice, passionfruit curd, banana, berries, coconut crumble (contains gluten)
- **sooky dooky avo smash / 22.00**
2 poached eggs, smashed avo & feta on sourdough, chopped bacon, house dukkah, caramelised apple balsamic (contains nuts)
add charcoal toast (gf) 3.00
- **truffled mushrooms / 22.00**
2 poached eggs, truffled mushrooms, thick cut sourdough, whipped feta, parsley, red onion, crispy enoki mushrooms, roasted pine nuts
add charcoal toast (gf) 3.00
- **super açai 5.0 smoothie bowl / 19.50**
açai with chia, supernuts, granola, coconut, banana & seasonal fruit
add warm peanut butter 1.00



- **the classic bacon & egg bun / 9.50**
bacon, egg, cheese, bbq sauce
add smashed avocado 3.00
add hash brown 1.50
- **all for one brekkie / 26.00**
eggs your way, bacon, chorizo, hash browns, confit mushrooms, grilled tomato & sourdough in hot skillet
add haloumi 5.00
add avocado 5.00
- **vegetarian big breakfast / 26.00**
eggs your way, sautee kale, avo, hash browns, confit mushrooms, grilled tomato & sourdough in hot skillet
add house beans 4.00
add haloumi 5.00
- **autumn stack pancakes / 21.50**
pancake stack, vanilla ricotta, macadamia ice cream, berry coulis, maple, fresh fruits, crumble

☉ LUNCH ☉ FROM 11AM

- **the beef burger / 22.00**
180g beef chuck and brisket pattie, house tomato chutney, aioli, pickled onions, baby cos lettuce, cheese on a lightly toasted mylk bun served with beer battered chips
- **black betty / 23.50**
karaage chicken thigh, chilli onion relish, harrisa mayo, shaved cabbage slaw and tomato on a black bun served with beer battered chips

- **signature salmon salad / 24.50** (df) (gf)
grilled atlantic salmon, whipped chipotle & cashew, coriander, cumin roast sweet potato, currants, cucumber, savoy cabbage, sweet corn
- **cheeky chicken salad / 22.50**
sous vide chicken breast, crispy brussel sprouts, shaved red cabbage, cherry tomatoes, house roasted nuts, red onion, avocado, persian feta with a lemon herbed dressing
- **crab linguini / 24.00**
linguini tossed with blue swimmer crab, chilli, garlic, roast tomato sugo, baby spinach
- **falafel bowl / 22.50** (v)
falafel, cherry tomato, red onion, mizuna, dill, alfalfa, parsley, radicchio, hummus, roasted cauliflower, coconut black garlic tzatziki
add salmon 9.00 / chicken 8.50 / poached egg 3.00
- **vitality bowl / 23.00** (v)
honey carrot puree, roasted fennel, mustard beetroot, quinoa, feta, pickled spiced eggplant, crispy brussel sprouts, avocado and dijon dressing
add salmon 9.00 / chicken 8.50 / poached egg 3.00
- **sticky shiitake chinese pancake / 21.00** (v)
shiitake mushrooms, coriander, carrot, shallots, hoisin, cucumber, pickled daikon, chilli, sesame

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SIDES | shoestring fries / 5.00 | beer battered fries / 6.00
| sweet potato fries / 7.00
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• **sweets & treats** please see our counter display
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☉ KIDS DINING ☉ served with a fruit popper

- **kids fruit salad - 8.00**
- **kids fried egg & bacon - 10.00**
- **junior hotcakes** with fresh berries & maple syrup - **12.00** *add* ice cream **1.0**
- **house made chicken nuggets & fries - 12.00**
- **cheese burger** with beef pattie, tomato sauce & fries - **12.00**
- **kids pasta** served with fresh tomato sauce & parmesan - **12.00**

df - dairy free | gf - gluten free | v - vegetarian | vegan



DRINK ME

◉ SPECIALITY BY FRIENDS OF OURS ◉

- ristretto / espresso / 4.20
- long black / 4.70

◉ HOT ◉

- macchiato / piccolo / 4.00
- flat white / cappuccino / latte / chai latte / turmeric latte / mocha / 4.50
- whoopi (double ristretto 3/4 latte) / 4.50
- belgian mixed hot chocolate / 5.00
- mr potato head baby cino (served with lollies & marshmallows) / 2.70
- extra shot / soy / decaf / almond / oat / macca / mug / caramel / vanilla / hazelnut 50c extra

◉ LOOSE LEAF HERBAL TEAS ◉ / 4.50

jasmine green / peppermint / chamomile / lemongrass ginger / english breakfast / earl grey / malabar chai infused / 6.50

◉ SMOOTHIES ◉

- 'banana smoothie' with honey, cinnamon & milk / 9.00
- 'berry, berry nice smoothie' mixed berries with ice & a splash of milk / 9.00
- 'açai brekkie smoothie' acai, berries, granola & almond milk (df) / 9.50
- 'sam's super smoothie' banana, peanut butter, coconut water, protein, honey & cinnamon / 9.50



◉ JUICES ◉

- freshly squeezed apple juice / 9.00
- freshly squeezed orange juice / 9.00
- freshly squeezed apple, pear & mint juice / 9.00
- 'revitaliser' mixed seasonal fruit / 9.00
- 'roger rabbit' carrot, apple, lemon, ginger, turmeric / 9.00
- 'spring green' kale, apple, pineapple, cucumber / 9.00

◉ BEER ◉

- young henrys newtowner pale ale & natural lager on tap / 8.50
- young henrys cloudy apple cider & natural lager / 8.50

◉ WHITES ◉

- veneto pinot grigio, italy
- chain of ponds, millers creek chardonnay, adelaide hills
- trentham piccolo prosecco 200ml 11

◉ REDS ◉

- rolf binder shiraz, barossa valley
- chain of ponds, section 400 pinot noir, adelaide hills
- petits detours rosé, france

◉ COCKTAILS ◉

- **kitty kat vanilla martini 14** absolute vanilla, lemon, apple juice and sour monkey
- **espresso martini 14** gabriel coffee, vodka and kahlua
- **tropical delight 14** frozen mango, passionfruit and pineapple with vodka
- **Young Henry's gin and tonic 10** with a hint of pink grapefruit and thyme

all wines | glass / 9.50 | bottles / 37 | spirits available

Please note that during peak periods you may incur longer waiting time. We appreciate no changes to menu during peak periods. 10% surcharge applies on Public Holidays.