

We are happy to accommodate dietary request.

Most of our meals can be altered to be Dairy free (DF), Vegetarian (VG), Vegan (V) & Gluten free (GF). Please note we are not a Gluten/Nut Free kitchen. We are unable to guarantee food will be totally free of allergens.

If you require any alterations to your meal please let staff know when ordering.

-- WEEKDAYS 7:30 – 3:00 -- ALL DAY -- WEEKENDS 8:00 – 4:00 --

**VEGAN BREAKY PLATE /** BUCKWHEAT PILAF WITH SEASONAL GREENS, RADISH, ASIAN MUSHROOM, PISTACHIOS, PEA & MINT PUREE -18- (V) (GF)

**ADD: CUPPACUMBALONG FREE RANGE EGG -2.5-**

**SAVOURY PANCAKE/** INDIAN MIXED VEGETABLE PANCAKE, CHICKPEA & LENTIL SPICED RELISH, SPROUTED LENTILS, COCONUT & CASHEW CHUTNEY, CHERRY TOMATO, POACHED EGG, SHALLOT, MINT, CORIANDER, -20- (VG) (VEGAN OPTION AVAILABLE)

**ADD: BOX GUM HAM -5-**

**CROQUE MADAME TOASTIE/** BOXGUM GRAZING HAM, SWISS CHEESE, FREE RANGE FRIED EGG, HORSERADISH SLAW, GREEN TOMATO CHUTNEY -17-

**VEGETARIAN OPTION AVAILABLE - 16-**

**BREAKFAST TORTILLAS/** PORK CARNE SCRAMBLED EGGS, CRUSHED AVOCADO, PICKLED JALAPENO & ONION, RADISH, CORIANDER, GOATS CHEVRE, SALSA ROJA, CORN TORTILLAS -20- (GF)

**ADD: EXTRA PULLED PORK CARNE -5-**

**VEGETARIAN OPTION AVAILABLE - 18-**

**ANCHOVY BRUSCHETTA/** WHITE ANCHOVIES, CHERRY TOMATOES, ARTICHOKE, SPANISH ONION, OLIVES, PARSLEY, ROASTED RED PEPPER & TOMATO SAUCE, POACHED EGGS, SHISO, RYE & QUINOA MUFFIN-18- (DF) (GF OPTION AVAILABLE)

**SUMMER GRANOLA BOWL/** SEASONAL SUMMER FRUIT SALSA, LP CRUNCHY OAT & NUT GRANOLA, COCONUT, CHIA & SAGO PUDDING -16- (V, GF)

**NOTE: OUR OATS ARE CERTIFIED GLUTEN FREE.**

**VEGAN FRUIT & NUT WAFFLE /** BANANA CASHEW CREAM, VEGAN NUTELLA, MIXED BERRIES, CHAI SPICED STONE FRUIT, CACAO SEED MIX, MAPLE SYRUP - 19- (GF) (V)

**//BUILD YOUR OWN BREAKFAST//**

**'THREE MILLS' GRAIN SOURDOUGH WITH BUTTER -8-**

HOUSE MADE JAM / NATURAL PEANUT BUTTER/ HONEY/ VEGEMITE -0.5-

CUPPACUMBALONG FREE RANGE EGG -2.5-

CRUSHED AVOCADO, SEEDS + SPROUTING LENTILS -4.5-

MEREDITH VALLEY GOATS CHEVRE -3.5-

TOMATOES, CASHEW & KALE PESTO + PANGRITATA -5-

BROCCOLINI, ASPARAGUS, PINE NUTS, MISO & FURIKAKE -6-

SAUTÉED KALE & ALMONDS -4.5-

FENNEL CURED SALMON -5-

FREE RANGE 'BOX GUM' HAM -5-

SAUTÉED MUSHROOMS & ROASTED NUTS - 5 -

-- WEEKDAYS 11:00 – 3:00 --

-- WEEKENDS 11:00 – 4:00 --

**FALAFEL SALAD/** FALAFEL, HUMMUS, EGGPLANT SAUCE, WHOLEWHEAT PITA BREAD, TOMATO, DATE & CUCUMBER SALAD, FRESH HERBS, CRUSHED NUTS -20- (V) (GF OPTION AVAILABLE)

**ADD: SLOW COOKED LAMB SHOULDER -5-**

**SHIBUYA BOWL/** ORGANIC SOBA NOODLE SALAD, FENNEL CURED SALMON, PICKLED ASIAN MUSHROOM, CARROT, CUCUMBER RIBBONS, EDAMANE BEANS IN AMAZU, MENTSUYA -22-

**VEGAN OPTION SUBSTITUTE IN TOFU -20-**

**JERK CHICKEN SALAD/** JAMAICAN SPICED ORGANIC CHICKEN, COS LETTUCE, CUCUMBER, CHERRY TOMATO, SPANISH ONION, CORN KERNELS, MIXED BEANS, STONEFRUIT, MINT, CORIANDER, AVOCADO DRESSING - 22 - (GF)

**TERMS EXPLANATION**

MENTSUYA: A Japanese soy dressing

AMAZU: A burnt ginger vinegar sauce

PANGRITATA: Dried breadcrumbs fried with garlic, thyme & chili

FURIKAKE: Dry Japanese Seasoning.

MUHAMMARA: Capsicum, walnuts & cumin sauce

SALSA ROJA: Spicy Mexican tomato, tamarind salsa.