

BREAKFAST MORNING & AFTERNOON TEA

chia jars* (df) 12.0

- raspberry, vanilla bean chia, nut crunch, fresh berries (seasonal)

housemade muesli 12.0

- oats, seeds, nuts, puffed grains, regular or coconut yoghurt, stewed fruit

seasonal fruit skewer 5.0

breakfast roll

small 8.5 large 14.0

- bacon & egg, aioli, baby spinach, onion jam, parsley pesto
- halloumi, avocado, eggplant, baby spinach, chilli jam, parsley pesto

breakfast croissant

- almond croissant 8.0
- farmhouse cheese, havoc ham, parsley pesto, spinach 12.0

PASTRIES

savory

small 6.5 regular 12.0

- pork & fennel sausage roll
- lentil, mushroom, walnut roll (vegan)

savory 7.0

- spinach, feta, red onion tart
- bacon, egg, onion jam, parsley tart

BAKING

scone

mini 3.5 regular 6.0

- sweet scone, butter & berry jam
- cheese & herb scone

muffin 7.0

- banana & blueberry* (df)
- cacao & raspberry* (plant based)

sweets

bite size 3.5 regular 6.0

- chocolate & nut brownie*
- ginger & pistachio crunch
- seed & honey slice
- caramel & hazelnut slice*
- lemon tarts (regular only)

plant based/raw treat from 5.0

- bounty
- twix
- breakfast bar
- wagon wheels
- salted caramel balls
- brownie
- snickers

cupcakes from 6.0

- carrot & pineapple, lemon cream cheese
- banana, salted caramel (plant based)
- oreo cookies & cream (plant based)

tall cakes 8.0

- orange tunisian syrup cake, mascarpone & lemon curd*
- chocolate buttermilk, ganache & salted caramel
- chocolate, raspberry buttercream & chia jam (plant based)
- hummingbird, lemon cream cheese, maple nuts* (df option available)

* no added gluten

menu items subject to seasonal variations

SALADS

regular – serves 10-12 as a side 65.0

large – serves 20-25 as a side 120.0

- brown & wild rice, broccoli, tamari roast peanuts, spring onions, coriander, seasonal greens
- carrot, beetroot, spinach, mint, toasted sunflower seeds, pomegranate, balsamic & orange
- bulgar wheat, cucumber, parsley, mint, red onion, tomato, pine nut, spinach, lemon
- seasonal roast vegetables, olives, basil, parsley, salad greens, maple mustard dressing
- red cabbage, carrot, spinach, coriander, radish, sesame seeds, ginger, rice vinegar
- cauliflower roast & raw, quinoa, hazelnut, mint, parsley, cranberry, spinach, greens, lemon
- roast spiced carrot, green lentil, roast almond, seasonal greens, sherry vinegar, green beans

PACKED LUNCH

You choose a flavour! Served in a brown bag with cutlery & napkin

small 21.0

- sandwich, slice

regular 32.0

- sandwich, salad, slice

deluxe 41.0

- sandwich, salad, slice, drink, fruit

SOCIAL PLATTER

antipasto platter - 175.0 for 10 people
smoke salmon, salami,
housemade dips, bruschetta,
crackers, cheese, seasonal fruit

CANAPÉ

each platter contains 50 pieces
of one flavour 175.0

- potato rosti, smoked salmon, crème fraîche, dill, lemon & caper
- stuffed mushroom, blue cheese, basil & spinach
- spiced lamb meatballs, spinach, coriander & chilli jam
- lemon, kale & olive risotto cakes, goats cheese & caramelized onion
- polenta, parmesan & corn cakes, crispy bacon & parsley pesto
- sourdough croutons, smashed white beans & garlic, oven dried tomato, pine nuts & basil (plant based)
- stuffed mushrooms, cashew cheese, parsley pesto, dehydrated olives (plant based)
- raw cucumber, herbed cashew cheese & cherry tomatoes

SWEET PLATTER

platter – 50 pieces 175.0

- double chocolate brownie*
- ginger pistachio crunch
- honey & seed slice
- lemon curd tarts
- vegan brownie

SANDWICHES & ROLLS

sandwich from 14.0

- bacon, fried egg, aioli, parsley pesto, spinach, onion jam in ciabatta bun
- vegetarian breakfast bun
fried egg, spinach, parsley pesto, aioli, haloumi, chilli jam
- egg mayo, spinach, parsley pesto, mustard cress on turkish
- coronation chicken
mayo, herb & celery, spinach & cucumber on turkish
- vegan rainbow seeded bun
tempeh, beetroot pickle, carrot, spinach, aioli, cashew cheese
- smoked salmon seeded bun, cucumber, caper, cream cheese, spinach, microgreens

wrap 14.0

- poached chicken, carrot, spinach, cucumber, aioli, quinoa
- falafel wrap, carrot, spinach, pickled beetroot, aioli, pesto

* no added gluten

