

Food on offer whether it's for breakfast, lunch or in between....

We do our best to have these items available, but they can sell out.

Muffin of the Day 4.20 **Banana Bread** (GF* option) 4.50 **Oat & Chia Slice** (DF WF, P) 4.00

House Bircher - whole oats soaked in fresh juice with apricots & sunflower seeds over natural yogurt topped with stewed fruits 6.95

Blueberry & Coconut Chia Pudding –organic chia seeds soaked in organic coconut milk & coconut cream with blueberries & a little honey, topped with toasted coconut (GF* DF P) 4.20

Raspberry Cacao Chia Pudding – organic chia seeds soaked in organic coconut milk & cream with raspberries, cacao and honey (GF* DF P) 4.50

Fresh Salads: selection varies daily 6.00-13.00

Vegetarian Wrap - selection can vary daily (GF*-option sometimes) 7.50

Curried Egg and Lettuce Sandwich with sprouts on fresh wholemeal bread 6.95

Brioche Roll of the Day 9.50

Chicken wrap - Free-range oven roasted chicken breast with a pesto sauce and lots of salad (GF* option sometimes) 8.95

Brekkie Panini – Free range eggs with bacon, a tomato kasoundi mayo & rocket on a Jordan's Panini, toasted. (DF) 8.50

Tuscan Panini: Roasted eggplant, zucchini & capsicum with haloumi, spinach, red pesto & a touch of tahini on a panini, toasted 8.95

Chicken Turkish: Free-range oven roasted chicken breast with bacon, Roza's garlic aioli & cos lettuce, toasted 11.50

Mushroom Turkish: sautéed mushrooms on Turkish bread with pesto, swiss, caramelised onion, beetroot relish & spinach, toasted 8.95

Olive Turkish: house made olive tapenade, roasted pumpkin & zucchini, feta, caramelised onion, mayo & spinach, toasted 8.95

Seasonal Quiche, House Pie or Frittata – selection varies

Soup (winter only) – selection varies (all GF and some also DF)

Bryon Gourmet Pies (winter only) – from 5.50

Walnut Patties 4.00 as burger when available 9.80

Indian:

Pakora (chickpea battered veggie fritter) GF* 4.50

Plain Samosa (potato, pea, carrot) 5.50

Wholemeal spinach, paneer, potato Samosa 6.00

Curries (dahl plus mixed veggie) GF* 8.50

GF* please note these items do not have gluten containing ingredients however they may contain traces of gluten and are not suitable for coeliacs.