

BREAKFAST

STONE BAKED SOURDOUGH BY THE GRAIN EMPORIUM

TOAST (V,GFO,NFO,VGO) 9

Two slices of stone baked sourdough/multigrain sourdough with Butter/Jam/Vegemite/Peanut butter (+\$2 fruit toast or gluten free option)

EGGS YOUR WAY (V,NF,GFO) 14

Eggs of your choice served on stone baked sourdough

BERRY BLISS GRANOLA BOWL (VG) 19

Overnight soaked chia seeds, strawberry compote, coconut yoghurt, house granola, coconut flakes & seasonal fruits

RICOTTA HOTCAKE(V) 24

Fluffy pancake, blueberry compote, whipped honey ricotta, lemon zest, maple syrup, crushed pitachio

AVO & MORE (V,GFO) 21

Smashed avo with fresh tomato & onion, kalamata olives, cherry tomato, beetroot hummus, snow feta, rocket, dill, dukkah on multigrain (+ poached egg \$3.50, + halloumi \$6, + smoked salmon \$6, + mushroom \$5)

SHERPA CHILLI EGGS(V,NF,GFO) 23

Folded scrambled egg, sherpa chilli oil, sautéed mushroom, spring onion, feta, fried shallots on multigrain (+ bacon \$6 /chorizo \$6)

PULLED PORK BENNY (NF, GFO) 24

Pulled pork, apple & radish slaw, two poached eggs, hollandaise sauce, pickled onion on brioche bread (other option: Virginia ham, streaky bacon, +\$2 smoked salmon opt)

TURKISH EGGS (V,GFO) 22

Two poached eggs, herb yoghurt, Aleppo pepper oil, dukkah, fresh herbs, cherry tomato, pickled radish, fried chickpeas, za'atar pita bread (+ Spanish chorizo \$6, + garlic herb mushroom \$5)

EGGS ON VEGGIES (V,GFO) 25

Sautéed seasonal veggies with garlic & sesame oil, tofu, two poached eggs, beetroot hummus, fried enoki mushroom, pita bread

HIGH COVE BIG BREKKIE (NF) 30

Eggs your way, house potato rösti, streaky bacon, chorizo, sautéed kale & spinach, roasted mushroom, mixed beans, tomato relish, sourdough (+ halloumi \$6, + smoked salmon \$6, + grilled tomato \$4, + avo \$5)



YOUR LOCAL CAFE & BAR

ADD-ONS

avo, mushroom, sautéed spinach & kale, mixed beans, house potato rosti - 5

grilled tomato, herb yoghurt, beetroot hummus, stone-baked toast - 4

grilled halloumi, streaky bacon, Virginia ham, chorizo, smoked salmon, scrambled egg - 6

fried egg, poached egg, tomato relish, feta, hollandaise, potato hash - 3.5

SANDWICH

HAM & CHEESE CROISSANT 10

Virginia ham & Swiss cheese

SALMON CROISSANT 16

Herbed yogurt, smoked salmon, pickled cucumber, capers, dill, red onion

EGG & BACON TOASTIE 16

Two fried egg, bacon, cheese, tomato relish, dijon mayo (+ potato hash \$3.5)

HOT HONEY HALLOUMI ROLL 14

Guacamole, lettuce, grilled halloumi with hot honey glaze, andalouse sauce

MUSHROOM PESTO TOASTIE 17

Garlic chilli mushroom, spinach, pesto, caramelised onion, cheese, chilli oil

TUNA MELT TOASTIE 17

Italian-style tuna, Spanish onion, cheese, capers, chilli oil, Dijon mayo

REUBEN TOASTIE 18

Pastrami, Swiss cheese, sauerkraut, pickled onion, pickle cucumber, horse radish Russian sauce

LUNCH

HOT HONEY CHICKEN BURGER 18

Fried chicken glazed with hot honey sauce, coleslaw, pickled cucumber, chef's special sauce (+ chips \$4)

ANGUS BURGER 19

Grilled double Angus patty, cheese, lettuce, tomato, onion, streaky bacon, chef's special sauce (+ chips \$4)

LEMON PEPPER CALAMARI (NF) 23

Fried calamari seasoned with lemon pepper, rocket and cherry tomato salad, sweet chilli sauce, lemon wedge

HIMALAYAN STIR FRY (NF,VG) 24

Stir fried noodles with seasonal veggies, tofu, cooked with Tibetan style chilli paste

LEMON GRILLED CHICKEN (NF,GF) 23

Lemon mustard grilled chicken, coleslaw, steamed rice cooked with butter, andalouse sauce, spring onion

SIDES

BOWL OF FRIES (V) 10

with garlic aioli

HALLOUMI FRIES (V) 14

with herbed yoghurt, pomegranate molasses, mint, za'atar

KIDS MENU

EGG ON TOAST 8

Egg of your choice on sourdough

NUGGETS & CHIPS 12

Chicken nuggets, chips, ketchup

CHEESE BURGER 12

Grilled angus patty, cheese, tomato sauce

KIDS PANCAKE 12

Fluffy pancake with ice cream & berry

DRINKS

COFFEE BY PROUD MARY

| | REG | LARGE |
|--------------|-----|-------|
| WHITE COFFEE | 5 | 6 |
| BLACK COFFEE | 5 | 6 |
| MOCHA | 5.5 | 6 |

NOT-SO-COFFEE

| | | |
|-----------------------------|-----|---|
| KALI HOT CHOCLATE (GF, DFO) | 5.5 | 6 |
| VANILLA CHAI LATTE | 5.5 | 6 |
| KHUMBU VALLEY HOUSE CHAI | | 6 |
| TURMERIC GINGER LATTE | 5.5 | 6 |

EXTRAS

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|--------------------|-----|
| FLUFFY PILOW DECAF | 0.5 |
| EXTRA SHOT | 0.5 |
| ALTERNATIVE MILK | 0.8 |

PURE JAPANESE MATCHA

SERVED ON OAT MILK

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| MATCHA LATTE | 7 |
| ICED MATCHA | 8 |
| BERRY ICED MATCHA | 9 |
| BLUEBERRY/STRAWBERRY | |

SMOOTHIE

BERRY BOMB (VG) - 11

Mixed berries, banana, almond milk, coconut yogurt, chia seeds, goji berries and dates

MANGO TANGO (VG) -11

Mango, banana, pineapple, coconut water, coconut yogurt, chia seeds, goji berries and dates

GREEN GOODNESS (VG) -11

Apples, celery, banana, spinach, coconut water, coconut yogurt, chia seeds, goji berries & dates

LOOSE LEAF TEA

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| PEPPERMINT | 5.5 |
| LEMONGRASS & GINGER | 5.5 |
| ENGLISH BREAKFAST | 5.5 |
| EARL GREY | 5.5 |

ICED DRINKS

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|-----------------|---|
| ICED LATTE | 6 |
| ICED LONG BLACK | 6 |
| COLD BREW | 6 |

SERVED WITH ICE CREAM

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| ICED MOCHA | 8 |
| ICED CHOCOLATE | 8 |
| ICED COFFEE | 8 |

FRESH JUICE

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| ORANGE | 7 |
| APPLE | 7 |

MILK SHAKES

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| STRAWBERRY | 7.5 |
| VANILLA | 7.5 |
| CHOCOLATE | 7.5 |
| CARAMEL | 7.5 |

OTHER DRINKS

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| SPARKLING WATER (SAN PELLEGRINO) | 5 |
| SPARKLING JUICE | 5.5 |
| COLD PRESSED JUICE | 6.5 |
| COKE/FANTA/SPRITE | 4 |
| STILL WATER | 4 |

BEER & CIDER

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| ASAHI | 11 |
| CORONA EXTRA | 11 |
| APPLE CIDER | 12 |

V: VEGETARIAN, VG: VEGAN, GF: GLUTEN FREE, NF: NUT FREE, O:OPTION

PLEASE INFORM OUR STAFF OF ANY ALLERGIES OR DIETARY REQUIREMENTS WHEN ORDERING