



BREAKFAST All Day

TOAST-condiments Sourdough, Multigrain Vegemite, Peanut butter, Nutella, jam	7
Fruit Toast, Gluten free	8
HAPPY EGGS WITH TOAST Poached, Scramble, Fried	10.50
BRIOCHE ROLL Bacon, Egg, Relish, Aioli	9.50
BIRCHER- V Currants, Almonds, Fruits, Blueberry Compote	14.00
FORAGE TOAST VEG Mushrooms, Spinach and Baby Carrots with dried Kale Dukkah and poached egg	16.00

SMASHED AVOCADO -VEG 16.50
Avocado, Feta, Black Sesame,
Cherry Tomato, Hazelnuts W Chilli
Oil, Poached egg, Grain Toast

CHIPOLATA MUFFIN - N. 14.50
English Muffin, Cheesy Scramble,
Mini Sausage, Parmesan, Salsa
Verde.

FRENCH TOAST - VEG 16.00
Vanilla Cherries, Mascarpone, Maple
Syrup and Fruits

ZUCCHINI CORN FRITTERS-V 16.50
Fried Fritters, Guacamole, Coriander
Mint Verde and poached Egg

BENEDICT GF/N 18.50
Pulled Pork, poached eggs,
Hash, Apple cider hollandaise,
green apple.

SALMON BEANS& PEAS-N 18.50
Smoked salmon, Tossed Beans and
Peas with Spinach, Creme Fraiche
and poached egg. N/

SHAKSHOUKA- V 17.00
Rich Spiced Tomato Ragu
with Rolled labne, Coriander and
Crusted egg

RAW GREENS- VEG/GF 17.00
Kale, Broccoli, mint & basil salad
with halloumi, Pumpkin seeds
pistachio, Avocado & Poached egg

PUMPKIN BRUSHETTA- VEG 18.50
Pomegranate & sumac dressed
Pumpkin, Beetroot, red onion with
Goats cheese, Tamari seeds &
poached egg

SIDES

Smoke Salmon, Crispy Chicken,
Bacon, Chorizo, Sausage-5
Hash, Halloumi, Mushroom - 4
Grill Tomato, Fresh Tomato, Wilted
Spinach, extra egg-3
Feta, Hollandaise-2
House made Jam, Tomato Relish-1

TOASTIES ALL DAY

ADD SALAD OR CHIPS +3.50

Ham Cheese Tomato 8.50

BLAT 9.50

Bacon, lettuce, Avo, Tomato

PUMPKIN AND PESTO 9.50

Roasted Pumpkin, Onion, Feta
Spinach, Pesto

CHICKEN WRAP 10.00

Fried Chicken, Coleslaw, Greens,
Spicy Mayo

SALMON BAGEL 11.00

Smoke Salmon, Greens, Creme
Friache, Cucumber, Red Onion, Beet
Root

FOR THE KIDS

Under 12 only

Egg & bacon on toast -GF 8

Cheesy mite toast - GF 6

French Toast 8

Nuggets & fries - 10

Ice Cream Scoop 3

LUNCH

CHICKEN BAO BURGER -N 18.00

Crispy chicken, slaw, Sriracha
mayo, Pickled Onion, peanuts,
Coriander, shoe string fries

BEEF BURGER-N 17.00

Beef, Caramelize Onion, lettuce,
pickles, Cheddar, Special Sauce
with battered Onion Rings

SALMON POKE-N/GF 19.00

Cured Salmon, Avo, Edamame
Wasabi peas, Ginger Pickle, Kewpie
Togarashi, Seaweed, Cherry
tomato, Seasoned Sushi rice

SUPER SALAD-V/GF 17.00

Kale, Corn, Quinoa, Turtle beans,
Coriander, Carrot, Zucchini, Puffed
Rice, Goji Berries, Jalapeno dress-
ing, & Ricotta Salata.

GRAIN BOWL. 17.00

Freekah salad, Fried Boiled Egg,
Pickled cauliflower, Pita Chips,
Sweet Potato, Beetroot Hummus,
Grapes

CAULIFLOWER TORTILLAS-V 16.50

Crispy Cauliflower, buffalo sauce,
Ranch Dressing, salad, Soft Tortillas

SIDES

CHIPS, SHOE STRING 8.00

SWEET POTATO, ONION RINGS 8.50

CHOICE OF ANY ONE CONDIMENT

Aioli, Sweet chilli, Creme fraiche

**ANY DIETARIES PLEASE CHECK WITH OUR
STAFF*

***PUBLIC HOLIDAYS SURCHARGE APPLY*

Hummingbird
Elwood