

# brunch is served

between 8:30am - 11am & 12pm - 4pm every day

ready to eat?

Simply head over to the counter to place your order

vegan breakfast (VE) 12.95  
Homemade quinoa and vegetable patties, avocado, sautéed greens, mushrooms and heritage tomatoes, organic baked beans and organic toast.

eliane breakfast (DF) 12.95  
Homemade chicken koftas, locally sourced organic poached/scrambled eggs, sautéed greens, mushrooms and heritage tomatoes, organic baked beans and organic toast.

avocado on toast (VE) 7.95  
Smashed avocado with spring onion, herbs, freshly squeezed lemon and chilli flakes, Himalayan rock salt and pepper on three pieces of our heritage toast.  
+ add poached eggs (VG) (DF) 10.95

smoked salmon, avocado & egg (DF) 12.95  
Organic toast topped with sliced avocado, smoked salmon and either poached or scrambled locally sourced, organic eggs.

scrambled eggs (VG) (DF) 8.95  
Three locally sourced, organic scrambled eggs with spring onions and herbs, served with organic toast.  
+ add smoked salmon (DF) 10.95

eliane omlette (VG) (DF) 8.95  
A three-egg omelette brimming with fresh herbs and spring onion using locally sourced, organic eggs.

creamy garlic mushrooms (VE) 9.95  
Heritage grain toast topped with sautéed, garlic infused mushrooms in a creamy béchamel sauce.

sabich (VG) 10.95  
Two locally sourced organic poached eggs, sautéed onions, garlic, and rosemary infused potatoes and aubergine served with organic toast.

porridge (VE) (GF) 5.5  
Organic porridge oats prepared with organic rice milk. Served with coconut nectar.

heritage grain toast (VE) (vegan available) 4  
Organic toast served with butter or coconut oil and homemade, refined sugar free preserves.

## fresh lunch

served between 12pm - 3pm,  
please select from the following at the counter:

- vegetarian medley 12.95  
Choose any four of our scrumptious vegetarian or vegan fresh lunch dishes to make up your plate.
- quiche medley 13.95  
Opt for a slice of one of our freshly baked quiches with any three vegetarian fresh lunch dishes.
- fish medley 15.95  
Get fishy with our fish dish of the day along with any scrumptious vegetarian fresh lunch.
- chicken medley 14.95  
Go for a mouthwatering fresh chicken dish along with any three of our vegetarian fresh lunch dishes.
- homemade soup 5.95  
Soup for the soul, served with your choice of bread. Ask the team for today's special.

**Sustainability matters** - We use PLA straws which are 100% biodegradable and compostable, 100% recyclable take away boxes, 100% biodegradable coffee cups with recyclable lids along with organic locally sourced ingredients, which reduce food miles along with both animal and human exploitation.



(VG) vegetation (VE) vegan (RV) raw vegan (GF) gluten free (DF) dairy free

All of our dishes are created to our clean, healthy ethos. They are free from refined sugars and there's never any hidden gluten or dairy here. We cook with raw virgin coconut oil, Himalayan rock salt and organically sourced ingredients wherever possible. **We can prepare all brunch dishes with gluten free toast.** If you have any dietary requirements, please let a member of our team know.