

Breakfast 6.am to 11.30am

-Lunch Menu selection is available all day from the Deli Cabinet-

Vegan Brekky Parfait....\$15.9 GF Vegan

Layers of Coconut Yoghurt, fresh fruit, maple glazed oven roast nuts, Coconut shards and Oats.

Sour Dough Toast\$9.9 GF Available

Two slices of pan grilled sour dough, served with Jam, Vegemite or Peanut Butter.

Crushed Avocado\$15.9 GF Available DF V

Lightly seasoned crushed avocado. Drizzled with lemon infused olive oil. Grilled Turkish Bread.

Add - Feta | Eggs | Halloumi | Chorizo

Fruit Toast & Grilled Banana\$15.9 V

Ancient spelt flour Sour Dough Fruit and Hazelnut toast. Whipped honey cream cheese. Grilled Banana & maple syrup. Seasonal fruit garnish.

Breakfast Continued...

Florentine Skillet Omelette.... \$19.9 GF Available V

Sauteed Button Mushrooms with spinach, toasted pinenuts, tomato chucks, shallots <u>w</u> chunky tomato relish and grilled sour dough

Breakfast Gnocchi\$19.9

Plump Sautéed Gnocchi with truss tomatoes, crispy bacon, poached eggs, béarnaise sauce, shallots Italian Parsley. Baby Spinach Leaves.

Waffles & Pork Belly\$20.9

French toasted waffle with Parmesan cheese crust. Indonesian inspired slow cooked Pork Belly. Poached Eggs. Greens, grilled truss tomatoes. Hollandaise Sauce.

Eggs Benedict...\$19.9 GF Available

Hollandaise sauce over baby spinach leaves, poached eggs on English Muffin. **Choose your protein** –

| bacon | braised mushrooms | smoked salmon | grilled halloumi |

Alta Big Brekky....\$19.9 GF Available

Bacon, grilled field mushroom, roasted tomatoes, eggs your way & toasted sourdough. *Add* - Feta | Rosti | Halloumi | Chorizo | extra Bacon

Breakfast Continued...

Protein Hit....\$14 GF Available

Grilled bacon, 2 eggs cooked your way- scrambled - fried - poached? Spinach leaves *Add* - Feta | Rosti | Halloumi | Chorizo | extra Bacon

Bacon, Eggs & Carbs....\$16 GF Available

Bacon, 2 eggs cooked your way- scrambled - fried - poached? with sour dough toast.

Add - Feta Rosti Halloumi Chorizo extra Bacon

add on prices -

Feta \$3 | Rosti \$3 | Halloumi \$3 | Chorizo \$5 | extra Bacon \$4 | Mushrooms \$3 | Eggs \$2 each

ACAI BOWLS\$16.9 GFADF V

Acai, seasonal <u>fresh fruit</u>, house- made granola, filled with dried fruit, coconut, oats & lots of nuts! *V DF*

Acai, fresh berries, **peanut swirls** & cashew, almond & buck-wheat clusters **DF V GF**

Please order at the counter... or use the table QR for self-service

Allergens disclosure-

Please note that all our Food, Drinks and Catering is prepared on site in our commercial kitchen that prepares milk, egg, soy, seafood including crustaceans, peanuts, sesame seed, tree nuts &