

BREAKFAST

6:30AM - 11AM WEEKDAYS

6:30AM - 2PM SATURDAYS

TOAST & PRESERVES 8

SOURDOUGH, FRUIT TOAST OR BAGEL WITH
JAM OR PEANUT BUTTER (GFO + 1)

BREAKFAST PARFAIT 15

TOASTED MUSELI, SEASONAL FRUIT MEDLEY
(GFO, VGO, V)
WITH GREEK OR ADD COCONUT YOGURT + 2

EGGS YOUR WAY 15

YOUR CHOICE OF POACHED, FRIED OR
SCRAMBLED ON SOURDOUGH (GFO)

EGGS BENEDICT 25

POACHED EGGS, SPINACH, HOLLANDAISE WITH
YOUR CHOICE OF MUSHROOM OR BACON (GFO)
SWAP TO SMOKED SALMON + 5

SMASHED AVO 21

BEETROOT HUMMUS, CHERRY TOMATOES, FETA,
GREEN OIL ON SOURDOUGH (V, GFO, VGO)

MEWS BIG BREAKFAST 29

EGGS YOUR WAY, GRILLED TOMATO, SPUDS,
MUSHROOMS, SAUSAGES, SOURDOUGH
(GFO, VGO)

MARISIELLE FRENCH TOAST 20

BRIOCHE FRENCH TOAST, ESPRESSO MASCARPONE,
BERRY COMPOTE & MAPLE SYRUP (GFO, VGO)
ADD CRISPY BACON + \$7

DAY MENU

EXTRAS

SMOKED SALMON / EGGS (2)	7 EACH
BACON/ CHORIZO / SAUSAGE	5 EACH
MUSHROOM / HALLOUMI/ TOMATO	4 EACH
FETA / SPINACH / HOLLANDAISE	3 EACH
JAM / PEANUT BUTTER / VEGEMITE / HONEY	3 EACH
EXTRA TOAST 1 EACH GF TOAST	2 EACH

LIGHT STUFF

BANANA BREAD	7
GF BANANA BREAD	8
ASSORTED MUFFIN	6
CINNAMON SCROLL	7
ALMOND CROISSANT	9
HAM & CHEESE CROISSANT	11
BREKKY BURGER	15
CHICKEN AVOCADO TOASTIE	17
CAKE AND TART SELECTION	12

V - VEGETARIAN VG - VEGAN VGO - VEGAN OPTION
GF - GLUTEN FREE GFO - GLUTEN FREE OPTION

COFFEE?

ICED LATTE, CHOC, MATCHA	6
HOT & BLACK	4
HOT & MILKY	5/5.50
TEA ASSORTED SELECTION	5.50
EXTRAS:	
SHOT	0.60
SOY, OAT, ALMOND	0.70
FLAVOURED SYRUP	0.60
DECAF	0.60
TOPPED UP 1	
TAKEAWAY 1	

JUICE AND SODA

ORANGE	6
LIVING GREEN	5
KALE, LEMON, APPLE, SPIRULINA	
C.A.B.A.L.A.	5
CARROT, BEETROOT, APPLE, LEMON	
SODA	5
COKE, NO SUGAR, SPRITE, DRY, SODA, TONIC, GINGER BEER	
HOUSE ICED TEA	7
FLAVOURS VARY - SPEAK TO TEAM!	

LUNCH

11:30AM - 2PM WEEKDAYS

2PM - 5PM SATURDAYS

BRUSCHETTA 9

TOMATO, GARLIC, BASIL AND ONION,
SERVED ON TOASTED CIABATTA (V, VG)

TRIPLE COOKED SPUDS 16

STEAMED, ROASTED AND FRIED POTATOES
SERVED WITH CHORIZO, SPICY ARRABIATTA,
YOGHURT (VO, VGO)

HALLOUMI CHIPS 16

WITH SPICY ARRABIATTA (VO)

ARANCINI 15

WITH AIOLI (V)

SALADS

THAI BEEF SALAD 22

MIXED GREENS, CAPSICUM, CUCUMBER,
RICE NOODLES, RED ONION, CHILLI,
THAI DRESSING (GF, V, VG)

GARDEN SALAD 18

MIXED LEAFY GREENS, TOMATO,
BALSAMIC DRESSING (GF, V, VGO)

BEETROOT & GREENS 18

BEETROOT, SPINACH, PINE NUTS, FETA,
LEMON DRESSING, COUS COUS (GF, V, VGO)

DAY MENU

MAINS

BURGER & CHIPS 25

BEEF, CHEESE, GREENS, TOMATO, MAYO (GFO)

STEAK SANDWICH & CHIPS 26

150G STRIPLOIN, BEETROOT HUMMUS, MIXED GREENS,
TOMATO, CARAMELISED ONION (VO)

BBQ RIBS 30

HOUSE BRAISED BBQ RIBS
WITH CHIPS AND SALAD

CAULIFLOWER STEAK 20

SERVED WITH FETA, CARROTS,
MUMBAI SPICE AND BALSAMIC (V, VGO)

BUTTER CHICKEN CURRY 20

WITH RICE (GF)

SEAFOOD PASTA 27

CRAB, PRAWNS, CHERRY TOMATOES,
PANGRATTATO, FRESH HERBS

AGLIO OLIO 24

FRESH PASTA, GARLIC, CHILLI, PARMESAN
ADD CHORIZO & CHICKEN + 7
(VO, VGO)

V - VEGETARIAN VG - VEGAN VGO - VEGAN OPTION
GF - GLUTEN FREE GFO - GLUTEN FREE OPTION

SANDWICHES

CHICKEN AVOCADO TOASTIE 17

LEMON & HERB BASED CHICKEN, AIOLI,
SPINACH, AVOCADO (GFO,)

REUBEN ON RYE 18

PULLED CORNED BEEF, RUSSIAN DRESSING,
CHEESE, PICKLES, SAUERKRAUT, ON RYE

THE B.L.T. 17

BACON, LETTUCE, TOMATO, MAYO ON TURKISH
ADD AVOCADO + 4 (VO, VGO)

MUSHROOM & SWISS 16

MUSHROOMS, MIXED GREENS, TRUFFLE OIL
ON TURKISH (V, VGO)

SWEET TREATS

CAKE & TART SELECTION 12

CHECK THE CABINET FOR TODAY'S PICKS!

CROISSANT & DANISHES 9

CHECK THE CABINET FOR TODAY'S PICKS!

AFFOGATO 7

COFFEE, ICE CREAM, JOY