

ALL DAY MENU

EAT IN OR TAKE HOME

BREKKIE BOARD (VEG, N)	14
sourdough toast, poached egg, orange or apple juice, avocado smash and a weebowl of granola, coyo and coconut milk <i>(Suggestion add poached egg +2 bacon +5)</i>	
CLASSIC BIRCHER MUESLI (DF, V, VEG, N)	17
rolled oats soaked in apple juice, almonds, dried apricots, sultanas, dried pears, coyo. fresh slivers of pear	
TOAST & PRESERVES (VEG)	(GF +1) 7
multigrain, sourdough or GF bread, butter, in-house berry jam / marmalade / peanut butter or vegemite	
FRUIT TOAST (VEG, N)	7
apricot, walnut, fig & date toast w/ butter	
TOASTIE	(GF +1) 10
multigrain, sourdough or GF toast, Maffra cheddar, shaved Virginian ham, tomato	
GOURMET TOASTIE	(GF +1) 12
dijon mustard, oregano, parsley, thyme, Virginian ham, Vintage cheddar, pickle (available in multi-grain or sourdough)	
EGGS ON TOAST	(GF +1) 11
Burd free-range eggs poached, scrambled or fried and your choice of toast	
VANILLA WAFFLE (N)	18
vanilla waffle, lemon curd, hazelnut crumble, raspberry sorbet, white chocolate, Turkish fairy floss	
BACON BUTTY	(GF +1) 13.5
bacon, fried egg, baby spinach, Hampton barbecue sauce on toasted milk bun <i>(Suggestion add rosti +4 cheddar cheese +2)</i>	
DRAGON FRUIT SMOOTHIE BOWL (DF, V, VEG, N)	18
house-made granola, fresh berries, toasted coconut, bananas, mixed berries, dragon fruit	

AVOCADO SMASH - OLD SCHOOL (VEG, GFO, N, NFO) (GF +1) 18
 Danish feta, chilli, lemon, dehydrated lemon, dukkah, multigrain toast *(Suggestion add poached egg +2 sriracha bacon +5 smoked salmon +5)*

CHILLI SCRAMBLE (GFO, DFO, N) 20
 chilli, chorizo & pesto scrambled eggs, saganaki, crispy glazed prosciutto, sourdough toast

EL BENEDICTO (GFO, DFO, N, NFO) (GF +1) 20
 slow cooked ham hock, rosemary, parmesan & potato waffle, poached eggs, spinach, thyme hollandaise (bois boudran dressing which has walnut oil)

ZESTY ZUCCHINI FRITTERS (GF, NF) 19
 zucchini, edamame, quinoa and mint fritters, avocado hummus, Danish feta, sriracha glazed bacon, poached egg and dehydrated lemon *(swap your bacon for mushrooms to make it vegetarian)*

SUPERFOOD BRUNCH (GFO, NFO, VO, DF, VEG, N) (GF +1) 19
 broccoli, snow peas, asparagus, spinach, almonds, quinoa, mixed seeds, multigrain toast, roasted beetroot hummus, black sesame seeds *(Suggestion add poached egg +2)*

CHICKEN SANDWICH (GFO) poached chicken, (GF +1) 18
 herb mayonnaise, rocket, avocado, grilled sourdough w/ fat boy chips *(Suggestion add bacon +5)*

CRISPY CHICKEN BAO 18
 crispy fried chicken, chilli slaw, pickled ginger, Seb's chilli mayonnaise sauce (3)

CALIFORNIAN CHICKEN BURRITO soft burrito wrap 18
 filled with avocado, charred corn, black beans, tomato salsa, (red onion, coriander, parsley, lemon, tomato), Seb's chilli mayonnaise, spiced grilled chicken thigh, charred corn on the cob, brown rice *(Suggestion add cheese +2)*

WARM BUDDHA BOWL (VEG, N, GF, V, DF) 17
 warm grilled cauliflower, roast sweet potato salad w/ quinoa, almonds, broccolini, toasted seeds, baby spinach, carrot, chickpeas, cranberries, avocado, tahini dressing *(Suggestion add cajun grilled chicken +5 poached egg +2)*

FALAFEL SALAD (VGO, GF) cucumber, asparagus, mint, 18
 rocket, lime, chilli salad, hummus, mint Greek yoghurt w falafel

POKE BOWL (VGO, GFO, N) edamame, brown rice, 20
 avocado, cucumber, red cabbage slaw, carrots, almonds, crispy shallot with smoked salmon and a light soy sauce *(Vegan Option - Sate Tofu)*

SUMMER BURGER Wagyu patty, sriracha bacon, 20
 tomato relish, cos lettuce, chipotle mayo, onion jam, tomato, vintage cheese, pickles on a milk bun served with chips *(Suggestion add fried egg +2 add avocado +4)*

WILD RICE SALAD (N) wild rice, freekah, cherry tomato, 18
 mint, coriander, parsley, Spanish onion, almonds, quinoa shaved broccoli, rocket, black sesame - served with avocado and black garlic dressing *(Suggestion add smoked salmon +5 cajun grilled chicken +5)*

ASK OUR LOVELY STAFF ABOUT OUR CHILDREN'S MENU & WEEKLY SPECIAL

EXTRAS

in-house berry jam / marmalade / peanut butter / vegemite	1
thyme hollandaise / aioli / Bourbon barbecue sauce / tomato relish	2
spinach / roast tomato / gluten free bread	3
avocado / roasted field mushrooms / saganaki / rosti / Danish feta	4
avocado & Danish feta smash / bacon / marinated cajun chicken / chorizo / smoked salmon	5

LITTLE BITS N' PIECES

Fat boy chips w/ choice of sauce	9
HAMPTON BEACH PRAWNS & CHIPS	12
Tempura battered prawns & half serve of chips w aioli & lemon	

*PLEASE NOTE | No variations to the menu on weekends or public holidays.
 When ordering please let staff know of any allergies. We are happy to help!

(VEG) VEGETARIAN | (V) VEGAN | (VO) VEGAN OPTIONAL | (DF) DAIRY FREE | (GF) GLUTEN FREE | (GFO) GLUTEN FREE OPTIONAL | (N) CONTAINS NUTS | (NFO) NUT FREE OPTIONAL

For your goodness we use Burd Eggs laid by 100% free range hens with access to fresh country air every day!

DRINKS

<p>COFFEE</p> <p>Espresso / Dbl Espresso 3.5 / 3.8</p> <p>Coffee – Reg / Lge 4.0 / 4.8</p> <p>Seasonal / Single Origin 0.8</p> <p>Cold Drip 5.5</p> <p>Hot Chocolate – Reg / Lge 4.0 / 4.5</p> <p>Chocolate Chai 5.5</p> <p>Spiced Cacao 5.5</p> <p>Mocha 4.0 / 4.7</p> <p>Calmer Sutra Chai Latte 5.0</p> <p>Golden Latte (Turmeric) 5.5</p> <p>Matcha Latte 5.5</p> <p>Soy Milk by Bonsoy 0.5</p> <p>Almond · Coconut · Lactose Free by Milklab 0.7</p> <p>Oat Milk by Oatley</p>	<p>ICED COFFEE</p> <p>Iced Latte 4.8</p> <p>Iced Chai 5.0</p> <p>Iced Long Black 4.5</p> <p>Iced Coffee / Mocha / Chocolate 6.5 <i>(Optional served with whipped cream)</i></p> <p>Affogato – Double espresso & vanilla ice cream 6.5 <i>(Optional with Kahlua)</i> +4.0</p>	<p>MILKBAR / SMOOTHIES</p> <p>Mixed berry, banana & LSA blend smoothie, cloudy apple juice 9.0</p> <p>Banana smoothie w acai, cinnamon, honey, ice cream, milk, toasted shaved coconut 9.0</p> <p>Green power & chia Seed w cloudy apple juice kiwi, spinach & banana 10.0</p> <p>Mango smoothie w mango, passionfruit, coconut milk & toasted shaved coconut 9.0</p> <p>Classic Milkshakes 4.5 / 6.5 <i>(chocolate · strawberry · vanilla · espresso caramel · banana · blue heaven)</i></p> <p><i>Optional</i></p> <p>Thickshake 1.0</p> <p>Malt 0.5</p>
<p>TEA</p> <p>By T2, loose leaf & served by the pot 5.0 <i>English Breakfast · Earl Grey · Calmer Sutra Chai · Sencha Green Tea · Camomile · Peppermint · Lemongrass & Ginger</i></p>	<p>JUICES</p> <p>Virgin Mary 8.5</p> <p>Freshly Squeezed Orange Juice 6.5</p> <p>Juice of the Week (Freshly Squeezed) 8.0</p>	<p>SEBASTIAN'S SPRITZERS</p> <p>Ginger beer w lime & mint 8.0</p> <p>Red Lioness - pink grapefruit, freshly squeezed lemon and orange, strawberries, soda 9.0</p> <p>Lemon, lime, elderflower, mint 8.0</p>
	<p>SOFT DRINKS</p> <p>Lemon, lime & bitters 6.5</p> <p>Coke · Diet Coke · Sprite 4.0</p> <p>Capi Mineral Water 250 / 750ml 4.7 / 8.0</p> <p>Capi – soda water · lemon · tonic Water · pink grapefruit · ginger beer · blood orange 4.7</p> <p>Kombucha – 7 <i>SILK ROAD: ginger, lemon myrtle, cinnamon, clove</i> <i>FRENCH KISS: hibiscus, vanilla, lavender, chamomile</i></p>	

<p>ALCOHOLIC SPRITZERS</p> <p>PINK GRAPEFRUIT SPRITZER 16.0 <i>Pink grapefruit soda, Baxter Vodka, strawberries, mint</i></p> <p>BLOOD ORANGE SPRITZER 17.0 <i>Blood Orange Soda, Campari, Bombay Sapphire Gin, lime, orange, Elderflower syrup, thyme</i></p> <p>Aperol spritz 15.0</p>	<p>STAPLES</p> <p>Pimm's No. 1 Cup 10.0</p> <p>Campari + soda spritz 8.0</p> <p>Gin & Tonic 10.0 <i>Bombay Sapphire Gin / Pinkster (+2)</i></p> <p>Vodka Soda 10.0 <i>Southern Spirits (AUS) Vodka, soda & fresh lime</i></p> <p>Rum + Coke 9.0</p> <p>Scotch + Dry 9.0</p>	<p>SPARKLING WINE / ROSE <small>GLASS / BOTTLE</small></p> <p>NV La Zona Prosecco (King Valley, VIC) 12.0 / 45</p> <p>NV Airlie Bank Cuvee (Yarra Valley, VIC) 48</p> <p>2019 'Pink Hills' Rose (Heathcote, VIC) 11.0 / 48</p>
<p>COCKTAILS</p> <p>Espresso Martini 18.0 <i>Baxter Vodka, espresso, Kahlua</i></p> <p>Spicy Bloody Mary 12.0 <i>Baxter Vodka, tomato juice, lemon juice, Tabasco, Worcester-shire, pepper, celery salt</i></p> <p>Lemongrass & Ginger Mojito 18.0 <i>Bacardi Rum, ginger beer, lemongrass, lime, mint</i></p>	<p>CIDER & BEER</p> <p>Coopers Premium Light 8.5</p> <p>Little Creatures Pale Ale (Fremantle, WA) 10.0</p> <p>Peroni Nastro Azzurro Lager (Italy) 10.0</p> <p>Asahi Super Dry (Japan) 10.0</p> <p>Corona (Mexico) 10.0</p> <p>Longboard Island Lager (USA) 10.0</p> <p>James Squire Apple Cider (Aust) 8.5</p>	<p>WHITE WINE</p> <p>2018 Fritz's Riesling (Familie Hasselbach, GER) 40</p> <p>2018 Shadowfax Sauv Blanc 11.0 / 38 <i>(Adelaide Hills, VIC)</i></p> <p>2021 Mt Monster Chardonnay 13.0 / 42 <i>(Limestone Coast, SA)</i></p> <p>2018 Foxey's Hangout Pinot Gris 10.0 / 42 <i>(Mornington Peninsula, VIC)</i></p>
		<p>RED WINE</p> <p>2019 Jip Jip Rocks Shiraz (Padthaway, SA) 11.5 / 38</p> <p>2018 Pizzini Nonna Gisella Sangiovese 45 <i>(King Valley, VIC)</i></p> <p>2018 Quartier Pinot Noir 13.0 / 46 <i>(Mornington Pen, VIC)</i></p> <p>2018 Paxton MV Cabernet Sauvignon 10.5 / 40 <i>Organic and Biodynamic (McLaren Vale, SA)</i></p>

ALCOHOL