



MENU

The Big Breakfast 25

Free range eggs, chorizo, mushrooms, spinach, roast tomato, halloumi tapioca fritter, served with toast and pepe saya butter. Add a hashbrown \$3.

Eggs Benedict (GF) 23

Served on halloumi tapioca fritters with your choice of bacon or mushrooms. Smoked salmon instead for \$5.

Shakshuka (V) 21

Spiced tomato sauce baked with 2 eggs, topped with Persian feta & chargrilled bread. Add Bacon, Chorizo or Halloumi \$5. Vegan option - Served with tofu and mushrooms.

Piggy in a farm 24

Corn fritter, house-made bacon onion chutney, persian fetta, crispy bacon, mix leaf, smashed avocado and pumpkin hummus.

Vegan Feast (VE) 25

Scrambled tofu, pumpkin hummus, cherry tomatoes, avocado, nuts, pickled cabbage, spinach, mushrooms and chargrilled bread. Add hash brown \$3.

Dukkah Eggs 19

Cherry tomatoes, mixed leaves and persian feta salad topped with 2 dukkah eggs, harissa labne and chargrilled bread.

Eggs Your Way 14

Free range eggs served with toast and pepe saya butter.

Bircher Muesli 15

Overnight oats topped with seasonal fruits and a side of honey with your choice of milk.

Bacon & Egg Roll 15

Charcoal bun, smashed avo, baby spinach, cheese, bacon, fried egg and Sriracha aioli. (Vegetarian option - swap bacon for halloumi).

UpSouthBowl (GF/V) 20

Roasted pumpkin, spiced cauliflower, quinoa, chargrilled spanish onion, spinach, topped with persian feta and balsamic vinegar.

- Add Chargrilled Chicken \$5
- Add Grilled or Smoked Salmon \$7

Indonesian Nasi Goreng 22

Jasmine rice, carrots, green beans, onion, garlic and sweet soy sauce. Served with chargrilled chicken and a free range fried egg. Vegetarian option - 2 fried eggs instead.

Maple & Ricotta Pancakes (V) 25

Pancakes served with Caramelised banana, berry compote, orange & ricotta whip, maple syrup, and fresh berries. (Add Nutella \$2 or Crispy Bacon \$5).

Smashed Avocado (V) 18

Smashed avo on toast topped with persian feta, cherry tomatoes, red radish, toasted almond flakes and balsamic glaze. Add 2 free range poached eggs or Bacon or Chorizo, or Halloumi \$5.

Smokey Brisket Sando 28

12 hour slow cooked beef brisket, smokey bbq sauce, house-made slaw, swiss cheese. Served with rustic potato chips (or sweet potato chips \$2.5)

NEW Rustic Chorizo 24

Pan fried chorizo, cherry tomatoes, halloumi, green beans, corn, served with a fried egg and white sourdough.



Shakshuka w Halloumi



Piggy in a Farm



Bacon & Egg roll

To Share

Rustic Potato Chips	4.5 8.50
Sweet Potato Chips	5.5 9.50
Halloumi Tapioca Bites	12

Kids Menu

Kids Pancakes (V) 10

2 pancakes served with maple syrup, butter and icing sugar.

Kids Eggs on Toast (V) 10

Free range poached, scrambled or fried on white sourdough.

Kids Smoothie (GF/V/VE) 8

Banana | Mango | Berry

Sides

\$5 each

Bacon | Chorizo | Halloumi | Scrambled tofu | 2 hashbrowns | Tapioca fritter | Smoked salmon

\$4 each

Avocado | Mushrooms | Persian Feta

\$3 each

Pumpkin hummus | Orange Ricotta Whip | Extra free range egg | Extra toast | 1 hashbrown

\$2 each

Sriracha aioli | Mayo | Onion jam |

GF - Gluten free option available
V - Vegetarian option available
VE - Vegan option available

COFFEE & TEA



COFFEE & TEA

	Reg.	Lrg.	Iced
coffee or tea	4.5	5.0	6.0
Long Black Flat White Cappuccino Espresso Piccolo			

Peppermint	Chamomile
Sencha Green Tea	Early Grey
Lemongrass & ginger	English Breakfast



SPECIALTY LATTES

	Reg.	Lg/Iced
Nutella Hot Chocolate	6	6.5
Golden Turmeric Latte	5	5.5
Sticky Chai Latte	5	5.5
Matcha Latte	5	5.5
Cacao Chai Latte	5	5.5

Alternative Milks	+80c
Extra Shot	+50c
Syrups or Decaf	+80c
Vanilla Caramel Hazlenut Maple	

ALCOHOLIC DRINKS

Corona	9	Sparkling Ponte Prosecco, Veneto Italy	10/42
Bondi Beach Beer XPA	9		
Stone & Wood Pacific Ale	9	White Viilla Sandi Pinot Grigio, Veneto Italy	10/46
Young Henry's Cider	8		
Aperol Sprtiz	16	Rose Villa Aix Coteaux d'Aix en Provence France	10/44
Mimosa	15	Red Moppitty Estate Shiraz, Hilltops NSW	11/52

More alcoholic beverages available in our display fridge :)

BAKED GOODS

Warm Chunky Cookies (Nutella filled, NYC Choc Chip, White choc macadamia, Matcha, Biscoff Lotus)	6.5
Chewy Chocolate Brownie (Add ice-cream \$4)	6.5
Carrot Cake & Walnut w Cream Cheese Frosting	8.50
Cinnamon Scroll w Cream Cheese Frosting	8.50

DRINKS



FRESH JUICES

Classic OJ (Freshly cold pressed)	8
Watermelon	8
Immunity Booster (Carrot Orange Ginger)	9
Antioxidant Party (Beetroot Carrot Apple, Ginger)	9
Detox Green (Cucumber, Celery, Lemon, Apples)	9

More soft drinks and beverages available in our fridge :)



ACAI

Acai Bowl	15
Topped with strawberries, banana, gourmet granola and coconut flakes.	

Extra Toppings \$2
Peanut Butter Nutella Vegan Protein Extra Granola Extra Fruit

Extra Drizzle \$1
Honey Condense Milk Maple Syrup Passionfruit

Extra Sprinkle \$1
Coconut Flakes Cacao Nibs Chia Seeds Goji Berries



SMOOTHIES ALL DAIRY FREE

Antioxidant Acai	12
Acai blended with your choice of banana or mixed berries and H2O.	
Banana Lover	12
Banana, vegan protein, peanut butter, cacao nibs, cinnamon and almond milk.	
Basic Berry B****	12
Mixed Berries, honey, chia Seeds and coconut milk.	
Mango Tango	12
Mango, greek yoghurt, honey and almond milk.	
Detox Green	12
Mango, baby Spinach, Cucumber, Honey, chia seeds and H2O.	



MILKSHAKES

Milkshakes Thick shakes	10 12
Nutella Strawberry Vanilla Malt	