



menu

WARM WINTER PORRIDGE **VGN GFI** \$18
steel cut oats | almond milk | seasonal fruit |
candied carrots | salted walnut crumble | cinnamon

ELEMENTS GRANOLA **VGN GFI** \$18
nuts | seeds | popped quinoa | coconut labneh |
berry coulis | seasonal fruit

FRUIT TOAST **VGN** \$12
2 slices handmade Tuerong Farm fruit loaf | yarra valley
seasonal berry jam

PANCAKE STACK **VEG** \$22
2 buttermilk pancakes | grilled pineapple | vanilla ice
cream | maple drizzle | toasted coconut

KIDS PANCAKES \$12 -icecream and chocolate drizzle

VEG FRITTERS (3) **V DFI** \$23
zucchini - pumpkin - carrot | poached egg |
| roquette coriander pepita pesto | fresh herbs
+ bacon \$6.5 + avocado \$6.5 + flaked salmon \$8

ELEMENTS BENEDICT **V GF** \$24
sweet potato hash (2) | wilted spinach | hollandaise |
2 free range poached eggs | herbs
+ bacon \$6.5 + avocado \$6.5 + flaked salmon \$8

CHILLI SCRAMBLE \$25
scrambled eggs w' sauteed bacon | cherry toms |
crispy shallots | parmesan |chilli oil | fresh herbs
| warm roti bread

EGGS ON TOAST **V** \$15
free range Somerville farm eggs | Baker Boys sourdough
*poached | fried | scrambled

*Gluten Free toast w eggs \$17
- build your own by adding a seasonal side.....

SEASONAL SIDES (EACH)

\$2 aioli | house made tomato sauce | tomato relish | toast spreads

\$3 free range egg | hollandaise sauce | sour dough toast | GF bread

\$5 |wilted spinach | oven roasted tomato
\$6.5 avocado with dukka | bacon rashers

\$8 rosemary roasted potato chats | hot smoked flaked salmon |
| sautéed mushrooms | poached chicken

SOUP OF THE DAY \$16 bowl
please see specials screens for todays flavor |
served with homemade savory scone |

EGG PROTEIN WEEKLY SPECIAL from \$18
chefs egg based special | see counter display screens |
free range Somerville farm eggs |

NORDIC BRUSCHETTA \$24
flaked hot smoked salmon | crumbled feta
| avocado | zucchini ribbons | poached egg | herbs
(DFI option please ask) GF \$ extra

HERB TAHINI CHICKEN SALAD **GFI DFI** \$25
warm poached breast | carrots | cabbage | spinach |
cherry tomato | cucumber | walnuts | cranberries |
zaatar | tossed herb tahini dressing

CURRY OF THE DAY **V** from \$23
house made authentic chefs curry | w rice and
condiments | see counter display screens

FALAFEL PLATE **GFI VGN** \$23
Lebanese falafels (4) | beetroot hummus |
muhammara capsicum dip | olives | cucumber | cherry
tomatoes | cos lettuce | warm pita bread
(GFI option please ask)
+ avocado \$6.5 + poached chicken \$8 + flaked salmon \$8

B L T with EGG \$19
grilled bacon rasher | fresh lettuce | sliced tomato |
free range fried egg | baker boys milk bun | aioli | relish
+ avocado \$6.5

MOROCCAN LAMB BURGER \$26
8 hour slow cooked lamb | lettuce | tomato |
feta crumble | capsicum romesco | garlic aioli |
baker boys bun | Hawkes roast potato chats w
chipotle aioli
(GFI option please ask)

all day
brunch

HEALTHY CHOICES - "TRAFFIC LIGHT" SYSTEM

Guidelines from Nutrition Australia that ensure we are offering and
promoting healthier choices in food & beverages to all our customers,
for you to make your own positive decision.



Healthiest Choices



In Moderation



Limit

made with dairy free ingredients - DFI vegetarian-V
vegan plant based - VGN gluten free ingredients- GFI



drinks

hot

Tea & herbal teas \$5 

her majestea

traditional english breakfast loose leaf tea

his majestea

elegant earl grey with a hint of bergamot

anxietea

pure peppermint

simplicitea

pure green china sencha

vitalitea

ginger, lemongrass and scorched green

calamitea

chamomile infusion

sexualitea

the ultimate berry infusion!

qualitea

a sweet but subtle green jasmine tea

coffee shots from \$3
coffees with milk from \$5
large coffees with milk from \$6
hot chocolate, chai or turmeric from \$5
(vegan + df)
kids warm /cold choc \$5
babycino- choc + marshmallow \$2.5
iced latte from \$5

+++alternate milks extra \$1
oat, soy, lactose free or almond

BYO CUP welcome - .20 cent discount



take home coffee beans

1kg \$52

ground brick 250gm \$14

E & T smoothie & pressed juices \$6.5

ETCH sparkling beverage range \$5.5

water bottles from \$4

sparkling water cans \$4.5

no sugar soft drinks from \$3.5

big m 300ml
(chocolate or strawberry) \$4.5

see our grab & go fridge
for additional
bottled drink selections

cold

super kick smoothies \$12
vegan and gfi

Amazonian Acai- Banana, Blueberry, Raspberry

Bahama - Mango, Passionfruit, Pineapple, Banana

Evergreen - Kiwi, Kale, Mango, Pineapple

Strawberry Kiss -Strawberry, Banana,Dragonfruit, Dates

Power Protein-Banana, Oats, Coconut, Dates,
Pea Protein (not 100% GFI)

+plus coconut yogurt \$1 +plus milk | alt milk \$2

iced grande 16oz \$8

coffee | chocolate | chai (GFI & V)

+plus ice cream \$2 +plus alt milk \$1 +plus extra shot coffee -choc- chai \$1

DISCLAIMER; Please notify our team of any food allergies or intolerance, as we take great care in our kitchen with food service. Your health and safety is very important to us.

WE HAVE THE RIGHT OF REFUSAL IF WE FEEL THAT WE CANNOT GUARANTEE ADEQUATE SAFETY WITH ALLERGENS.

