

BREAKFAST

GF **COCONUT PORRIDGE**

V **VGN** **P** **DF**
Organic quinoa, buckwheat & brown rice with fresh strawberry & banana, toasted seeds & nuts, berries & coconut with Canadian maple -\$14

GF **BAREFOOT ACAI BOWL**

V **VGN** **P** **DF**
Acai with Organic CoYo coconut chocolate yoghurt, house maple cacao buckinis, fresh fruit, cacao nibs & acai dust -\$14

GF **AVOCADO SOURDOUGH**

V **DF**
Organic sourdough toasted with avocado salsa, beetroot cashew cheese, farm fresh baby green & purple kale, beetroot leaves, tomato, radish & furikake seasoning - \$16

EXTRAS - Bacon / Eggs / Dukkah roasted pumpkin / Mushroom / Haloumi / Butchers Sausage / Meredith goats cheese -\$5
- Gwen's Mulimbimby Tempeh - \$6
- Upgrade sourdough to Organic sprouted seed paleo bread -\$2

MF **BACON & EGG ROLL**

Crispy bacon, two fried eggs, spinach with 'kaioli' wife made chutney in our toasted milk bun -\$14

EXTRAS - Kimchi -\$2 / Avocado / Mushroom / Haloumi / Butchers Sausage -\$5
- Upgrade **GF** Roll -\$2

V **MUSHROOMS**

Seasonal local mushrooms, poached eggs on baby kale & spinach leaves & Meredith goat cheese, dehydrated porcini mushroom & hazelnut dust & truffle oil on toasted organic sourdough -\$18

EXTRAS - Bacon / Butchers Sausage / Dukkah roasted pumpkin -\$5
- Gwen's Mulimbimby Tempeh - \$6
- Upgrade sourdough to Organic sprouted seed paleo bread -\$2

MF **CRISPY POTATO HASH & HAM HOCK**

Crispy potato & green onion hash, smokey slow brazed ham hock, poached eggs, water cress & mustard hollandise -\$20

EXTRAS - Bacon / Butchers Sausage / Mushroom / Organic Sourdough -\$5
- Organic sprouted seed paleo bread -\$6

BAREFOOT (BARISTA)

GF **CAVEMAN BOWL**

V **VGN** **P** **DF** **MF**
Roasted dukkah pumpkin, house ferments, eggplant hummus, avocado, mung beans, red quinoa, sumac CoYo yogurt, sprouted bread & poached egg - \$19
EXTRAS - Bacon / Mushroom / Haloumi / Meredith goats cheese / Butchers Sausage -\$5
- Gwen's Mulimbimby Tempeh - \$6

MF **CORN BOARD**

V
Char grilled corn salsa, fresh herbs, poached eggs, avocado, Meredith goats cheese on toasted organic sourdough - \$18
EXTRAS - Bacon / Butchers Sausage / Mushroom / Dukkah roasted pumpkin -\$5
- Upgrade sourdough to Organic acativated & sprouted paleo bread - \$2

GF **HOTCAKES**

V
Our famous gluten free ricotta hotcakes with fresh fruit, toasted seeds & nuts, Canadian maple & mascarpone - \$18
Our hotcakes are baked to order, they are worth a couple of extra minutes for!
EXTRAS - Bacon - \$5

GF **ZUCCHINI HALOUMI FRITTERS**

V
& poached egg nested in raw nourishing bowl of cauliflower rice, kale, seeds & nuts, chilli & fresh herbs - \$18
EXTRAS - Avocado / Dukkah roasted pumpkin / Mushrooms / Bacon \$5
- Gwen's Mulimbimby Tempeh - \$6

MF **BREAKFAST BOARD**

Crispy Bacon or Mushroom, avocado, fresh tomatos, Meredith goats cheese poached eggs, wife made chutney & toasted organic sourdough - \$22
EXTRAS - Upgrade sourdough to Organic sprouted seed paleo bread - \$2
- Butchers Sausage / Mushrooms / Dukkah roasted pumpkin / Haloumi - \$5
- Gwen's Mulimbimby Tempeh - \$6

SIDES

Sweet Potato fries with 'kailoi" Murray River salt -\$7

EXTRAS

House Chilli Oil- \$1 Kimchi House Leaves - \$2 **GF** **V** **VGN** **P** **DF**
Bacon / Eggs / Avocado / Mushroom / Butchers Sausage /
Dukkah roasted pumpkin / Haloumi / Meredith goats cheese -\$5
Organic sprouted seed paleo bread two slices - \$6 **GF** **V** **VGN** **P** **DF** **MF**
Gwen's Mulimbimby Tempeh - \$6 **GF** **V** **VGN** **P** **DF** **MF**

GF gluten free

V vegetarian

VGN vegan

P paleo

DF dairy free

MF man food

Please inform us if you or your guests have any food allergies. To afford you the efficient quality service you deserve, alterations to the menu are respectfully declined during busy times.