

# breakfast

AVAILABLE ALL DAY

## Fruit Bread (GFO) - 9

Toasted fruit bread with butter.

+ Add House Made Orange Marmalade - no extra

## Apple Crumble Porridge (VGO) - 14

Creamy apple and cinnamon porridge, topped with caramelised apple, coconut yoghurt & crumble.

## Breakfast Bruschetta (GFO) - 18

Fresh tomatoes, bocconcini, chorizo, harissa & poached egg on sourdough toast.

+ Add Bacon - 6

+ Add Avocado - 4

## Vegan Brekky Wrap (VG)(GFO) - 20

Housemade beans, hashbrown, avocado, vegan cheddar, greens & salsa verde in a toasted tortilla. (Gluten free + 1)

+ Add Bacon - 6

+ Add Egg - 3

## Cookies & Cream Hotcake - 21

A raspberry stuffed baked hotcake topped with chocolate sauce, Oreo crumble, fresh strawberries, and Cookies & Cream ice cream.

## The Manna Fritters (GF) - 21

Housemade corn fritters served with a poached egg, smashed avo, and chilli jam.

+ Add Bacon - 6

+ Add Hashbrown - 3

## Smashed Avocado With Salsa (VGO) (GFO) - 19

Smashed avo on sourdough toast with a corn, feta and pickle chilli salsa, fresh rocket & coriander.

+ Add Egg - 3

+ Add Halloumi - 4

+ Add Bacon - 6

+ Add Hash Brown - 3

## Big McLaren Vale Breakfast (GFO) - 28

Toasted sourdough, double smoked bacon, two poached free range eggs, beans, halloumi, Chorizo sausage, golden hash brown.

+ Mushrooms - 4

+ Corn Fritter - 5

+ Add Avocado - 4

+ Hollandaise - 2

## Eggs on Toast (GFO) - 13

Two free range eggs your way on sourdough toast, served with housemade tomato chutney.

+ Add Bacon - 6

+ Add Avocado - 4

+ Add Hashbrown - 3

+ Add Smoked Salmon - 6

---

### ADD ONS:

Avocado 4

Sourdough Toast 3

Mushrooms 4

Hash Brown 3

Fritter 5

Chorizo Sausage 6

Bacon 6

Egg 3

Sauteed Spinach 3

Smoked Salmon 6

Halloumi 4

### SAUCES:

Chilli Jam 2

BBQ Sauce 1

Hollandaise 2

Aioli 2

Tomato Chutney 2

---

KITCHEN OPEN UNTIL 2PM DAILY



### CHECK OUT OUR VISUAL MENU

Scan the QR code with your smartphone to see images of our menu in action.

# lunch

AVAILABLE FROM 11:30 AM

## Soup of the Day (VG) (GFO) - 14

House made vegetable soup of the day with sourdough

## Buffalo Chicken Burger (GFO) - 24

Juicy fried chicken, American-style cheese, Buffalo sauce, ranch sauce and greens, served with hot chippies.

+ Add Bacon - 4                      + Add Avocado - 4

## Beetroot & Quinoa Burger (GFO) (VGO) - 24

House made beetroot and quinoa patty, feta, avocado, hummus, garlic aioli & greens, served with hot chippies.

+ Add Halloumi - 4                      + Add Bacon - 4

## Steak & Pepper Pie - 18

House made steak and pepper pie served with a garden salad.

+ Add Hot Chippies - 4

## Rice Noodle Salad (GF) (VGO) - 19

Your choice of grilled chicken or tofu with rice noodles, carrot, cabbage, cucumber, greens, spring onion, peanuts & nahm jim thai sauce.

## Pumpkin, Sage & Feta Quiche (GF) - 16

Roast pumpkin, fresh sage & feta quiche. Served with a garden salad & house made tomato chutney.

+ Add Hot Chippies - 4

## Grilled Chicken Flatbread - 19

Toasted flatbread with grilled chicken, sundried tomatoes, basil pesto, bocconcini & greens

+ Add Hot Chippies - 4                      + Add Bacon - 4

## Fried Halloumi Flatbread (VGO) - 19

Toasted flatbread with halloumi, caramelised onion, harissa hummus, mushrooms & spinach.

+ Add Hot Chippies - 4                      + Add Avocado - 4

## Hot Chippies (GF) - 10

## Sweet Potato Chips (GF) - 10

## Hash Browns to Share (3 PC) (GF) - 8

## Southern Fried Chicken Bites (GF) - 12

GF = GLUTEN FREE  
VG = VEGAN  
GFO = GLUTEN FREE OPTION  
VGO = VEGAN OPTION  
No extra charge for GF bread



## CHECK OUT OUR VISUAL MENU

Scan the QR code with your smartphone to see images of our menu in action.

KITCHEN OPEN UNTIL 2PM DAILY

10% SURCHARGE ON PUBLIC HOLIDAYS