

Brekkie

ALL DAY FROM 6AM

Coconut Milk Porridge 18 / DF

oats, seasonal fruits, almond crumble, chia seeds, coconut yoghurt & freeze dried citrus

Tropical Superfruit Bowls 16 / GFO

served with granola, seasonal fruit, shredded coconut + chia seeds

ACAI pure acai puree (contains guarana)

MANGO tropical mango puree

TROPICAL VIBES combo acai + mango puree (contains guarana)

+ **peanut butter** 3

Eggs n Toast 16 / V / GFO

two free range eggs - scrambled / poached / fried, on sourdough, served with pepe saya cultured butter

+ **wilted spinach** 4

+ **seasoned crushed avocado** 5

+ **lucas bacon** 6

+ **citrus cured salmon (~70g)** 8

Sausage + Egg Muffin 13 / GFO

free range chicken + pork sausage, folded eggs, American cheese, house mayo + sourdough english muffin

+ **potato rosti** 4

+ **chicken + pork sausage patty** 6

Charlie's Bacon + Egg Roll 13 / GFO

2 crispy fried eggs, lucas bacon, silverbeet, hollandaise, black garlic ketchup served on a milk bun

+ **grilled halloumi (2)** 6

+ **potato rosti** 4

Charlie & Franks Omelette 24

please select one flavour - served with sourdough toast + pepe saya cultured butter

- **miso mushroom, spinach & feta topped with herbs (v)**

- **cherry tomatoes, spinach, parmesan, topped with shaved ham, house-made chilli crisp, and soft herbs**

- **lucas bacon, minced chorizo, spinach, mozzarella, topped with spiced brown butter and chives**

please note, omelettes come as is, no changes allowed

Avocado Toast 22 / V / GFO

smashed avocado, labneh, pickled beetroot, almond paste, chilli crisp + seeded sourdough toast

+ **poached egg** 4

+ **citrus cured salmon (~70g)** 8

+ **lucas bacon** 6

Herb + Sweet Corn Fritters 24 / V / GFO

poached egg, avocado, zataar roasted tomatoes, spiced brown butter, labneh, soft herb salad

+ **grilled halloumi (2)** 6

+ **lucas bacon** 6

+ **house chilli crisp** 3

Healthy Kick Start 24 / GFO

poached eggs, spiced hollandaise, zataar roasted tomatoes, crushed avocado, zucchini pickles, shaved leg ham, cucumber, golden

raisins + grain sourdough

+ **citrus cured salmon (~70g)** 8

+ **lucas bacon** 6

Caramelised Summer Honey Toast 16 / V

golden brown butter & honey toast, juicy fresh mango with a hint of mint & lime, thickened cream, seasonal fruit + crunchy almond crumble

Toast + Breads

ALL DAY FROM 6AM

Brooklyn Boy Bagels 8.5 / VGO

cream cheese or pepe saya cultured butter or jam

+ **seasoned crushed avocado** 5

+ **citrus cured salmon (~70g)** 8

Sourdough Toast 7.5

(gluten free + vegan options available)

served with butter

organic white, multigrain, light rye, fruit

peanut butter, strawberry jam, honey, vegemite

Add ons

+ **house chilli crisp** 3

+ **sourdough toast (1) w/ pepe saya butter** 4

+ **free range egg fried or poached** 4

+ **free range eggs scrambled** 8

+ **potato rosti** 4

+ **wilted spinach** 4

+ **miso mushrooms** 4.5

+ **side of brown rice** 4

+ **seasoned crushed avocado** 5

+ **free range chicken + pork sausage patty** 6

+ **lucas bacon** 6

+ **citrus cured salmon (~70g)** 8

+ **grilled salmon filet (200gm)** 12

+ **grilled prawns (5)** 12

+ **grilled halloumi (2)** 6

+ **grilled chicken breast (~150g)** 8

Sides

Skin On Fries 8

served with chipotle mayo + black garlic ketchup

+ **truffle mayo and parmesan** 3

Herbed Garden Salad 6

Kids 12 YEARS AND UNDER

HAM + TASTY CHEESE CROISSANT / 12

SCRAMBLED EGGS served on sourdough with tomato sauce / 12

KIDS PANCAKES 3 mini pancakes served with vanilla ice cream, berries, maple syrup / 12

CHEESEBURGER grass fed beef patty, american cheese, tomato sauce served on a milk bun with skin on fries / 12

CHICKEN BURGER fried chicken, american cheese, tomato sauce served on a milk bun with skin on fries / 12

CHOCOLATE OR VANILLA MILKSHAKE / 6

v - vegetarian **vg** - vegan **gf** - gluten free **df** - dairy free **vgo** - vegan option **gfo** - gluten free option **dfo** - dairy free option Please advise our staff with any dietary/allergen requirements as the menu does not list every ingredient used. Ingredients are subject to availability

Lunch

FROM 11AM

Turmeric Prawn Curry 26 / GF

turmeric + coconut curry, prawns, sprouted beans, organic brown rice, fried shallots + spiced brown butter

+ **house chilli crisp** 3

Soy Braised Eggplant 24 / VG / GF

brown rice, cucumber, avocado, golden beetroot, toasted pecans, sesame seeds, fried shallots, house chilli crisp and soft herbs

+ **grilled chicken breast (~150g)** 8

+ **grilled halloumi (2)** 6

+ **citrus cured salmon (~70g)** 8

Greens Broccoli Bowl 23 / V

roasted florets, spiced chickpeas, zataar roasted tomatoes, tahini dressing, toasted pecans, farro, red radish, cucumbers, golden raisins & spiced brown butter

+ **grilled chicken breast (~150g)** 8

+ **grilled halloumi (2)** 6

+ **citrus cured salmon (~70g)** 8

Grilled Salmon Bowl 27 / GF

220gm salmon fillet grilled an served with broccoli, feta, tomatoes, avocado, gardens greens salad and lemon vinaigrette dressing

+ **brown rice** 4

Chicken Nourish Bowl 24 / GF

grilled chicken breast, quinoa, roasted pumpkin, avocado, feta, pickled beetroot, cucumber, cherry tomato, capsicum, leafy greens + lemon honey dressing

+ **brown rice** 4

Loaded Taco Bowl 22

3 loaded tacos filled with smashed avocado, pineapple salsa, pickled cabbage and chipotle mayo in a soft tortilla select from one of the options below:

- **grilled chorizo**

- **grilled halloumi**

- **garlic prawns**

- **grilled chicken**

+ **extra taco** 7.5

Fried Chicken Burger 24

crispy chicken breast, charlie's hot sauce, zucchini pickles, parmesan cheese, shredded iceberg, house mayo, warm milk bun + skin on fries

+ **grilled halloumi (2)**

+ **fried egg** 4

Cheeseburger 25 / GFO

grass fed beef, swiss cheese, truffle mayo, onions, tomato, black garlic + tomato ketchup, iceberg lettuce, milk bun + skin on fries

+ **beef patty** 8

+ **lucas bacon** 6

Steak Sandwich 27 / GFO

grass fed steak, crispy fried egg, swiss cheese, iceberg, sliced tomato, tempura onion rings, green harissa, house mayo on rustic bread + skin on fries

+ **seasoned crushed avocado** 5

+ **lucas bacon** 6

Gourmet Toastie collection 17

served on sourdough bread

THE CAPRESE roasted tomatoes, double melted mozzarella, provolone cheese & fresh basil (v)

PERI PERI CHICKEN portuguese style pulled chicken, mild peri peri mayo, cabbage salad, provolone cheese

THE BRISKET BOSS slow cooked beef brisket, swiss cheese, sauerkraut, slaw, spicy smoked bbq mayo

CHORIZO MELT chorizo crumb, rocket, provolone, mozzarella, parmesan, chipotle mayo

MISO MUSHROOM MELT miso mushrooms, spinach, provolone, mozzarella, parmesan, truffle mayo (v)

+ **skin on fries** 8

+ **herbed garden salad** 6

Coffee

BY PABLO + RUSTY'S

espresso, macchiato, piccolo 6oz - 4
black single origin 5
white 6oz - 4.5 / 8oz - 5 / 12oz - 5.5
filter batch brew 12oz - 5.5
bottomless 8
mocha 6oz - 5 / 8oz - 5.5 / 12oz - 6
chocolate 6oz - 4.5 / 8oz - 5 / 12oz - 5.5
black all sizes / 5

Iced 12oz
black 5
latte 6
mocha 6.5
chocolate 6
chai 6
dirty chai 6.5
matcha 6
strawberry matcha 8.95
mango matcha 8.95

Cloud Cream Coffee Collection 9.5

Cloud Cream Coffee collection
Cloud Black
Cloud Latte
Cloud Mocha
Cloud Chocolate
Cloud Citrus Matcha +.50

Other Stuff 6 12OZ

GOLDEN TURMERIC MYLK BY LUCY LOCKET'S [VG] organic turmeric root, ginger root, real vanilla bean, black pepper, coconut nectar & extra virgin coconut oil
PRANA CHAI LATTE premium black tea, aromatic spice, honey
MATCHA COCONUT MYLK organic matcha green tea, honey, coconut milk

decaf, single origin, mocha, extra shot, syrups .50

macadamia milk, almond milk,
bonsoy, lactose free milk, coconut milk, oat milk .80

Loose Leaf Tea 6

ENGLISH BREAKFAST recharge
EARL GREY uplifting
GUNPOWDER green antioxidant
LEMONGRASS + GINGER anti-inflammatory
PEPPERMINT digestive

Juice by Charlie+Franks 8.95 VG / GF

100% organic, cold pressed juice using local ingredients

IMMUNITY carrot, orange, pineapple, celery, lemon, turmeric
ANTIOX apple, raspberry, passionfruit, rhubarb
BOTANICAL apple, spinach, kale, cucumber, celery, lettuce, lemon, ginger
PURE ORANGE 100% Australian valencia oranges

Healthy Smoothies 10

SUPER AÇAI [VG, GF] organic açai berry, banana + coconut milk
RECHARGE banana, oats, honey, almonds, yoghurt, almond milk + cinnamon
MANGO LASSI [GF] mango, greek yoghurt, lemon, maple syrup, vanilla, cardamom + pecans
IMMUNE BOOST [VG, GF] mixed berry, almonds, chia seeds, maple syrup, cinnamon + almond milk
+ **organic vegan protein 3**
+ **organic matcha powder 2**

Shakes 10

SALTED CARAMEL PECAN full cream milk, vanilla ice cream, maple syrup, roasted pecan, salt
CHOC PEANUT BUTTER full cream milk, vanilla ice cream, maple syrup, chocolate syrup, peanut butter, salt

Water / Cold Drinks

KOMBUCHA 6

LLB 5

PINK LEMONADE 5

SOFT DRINK COKE, ZERO, SPRITE 4.5

STILL WATER BOTTLE 4.5

S.PELLEGRINO SPARKLING WATER 500ML 6

S.PELLEGRINO FRUIT FLAVOURED SPARKLING WATER 6.5

Sparkling Wine

SERENELLO prosecco

treviso italy **39 / 13**

White Wine

NAMBUCCA sav blanc

marlborough nz **29 / 12**

R.PAULAZZO pinot grigio

southern nsw **29 / 12**

BRIAR RIDGE chardonnay

hunter valley nsw **33**

Rosé

R.PAULAZZO rosé

southern nsw **29 / 12**

Red Wine

R.PAULAZZO cab sav

southern nsw **33 / 13**

PAXTON tempranillo

mclaren vale sa **38**

INGRAM ROAD pinot noir

yara valley vic **35**

MOMENTS OF CLARITY shiraz

barossa valley sa **33 / 13**

Beer

STONE + WOOD PACIFIC ALE 8.5

BYRON BAY LAGER 8.5

Need Event *Catering?*

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