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ALL DAY BREAKFAST

RICOTTA HOT CAKES (V, GF) 22.5

freshly made buckwheat ricotta hot cakes, berries, orange, banana, mango coulis, vanilla mascarpone, lemon gel, pistachio
- add vanilla ice cream 4

FRENCH TOAST (V, GF OPTION) 22.5

French toast, poached pear, fresh berries, maple syrup, lavender mascarpone, almonds
- add crispy bacon 6

"THE BOMB" 22.5

mac cheese macaroni, bacon, poached egg, tomato relish, fried shallots, fresh baby spinach leaves, toasted croissant
- add an extra poached egg 2.5

CHILLI SCRAMBLED (V, DF, GF OPTION) 22.5

two eggs scrambled with chilli & spring onion, sautéed mushroom, kale, toasted sourdough
- add crispy bacon 6

HEALTHY START (V, DF) 22.5

soy milk, oats, chia seeds, maple roasted pear, walnut, santana fig compote, honey

AVOCADO "BREAD" (V, GF) 22.5

house made low carb avocado "bread", two fried eggs, grilled asparagus, rocket, tomato salsa, shaved Parmesan cheese, balsamic reduction
- add smoked salmon 7

SWEET POTATO "TOAST" (V, GF, DF OPTION) 22.5

two scrambled eggs, fresh avocado, spiced baked sweet potato, fried baby spinach, kale, rocket, feta cheese, smoked paprika, fresh parsley
- add crispy bacon 6

BEESS BENNY (GF, V OPTION) 22.5

two house made crispy cheesy hash browns, two poached eggs, beetroot sauce, fresh baby spinach leaves, dill hollandaise
- choice of bacon, ham, wilted spinach, OR smoked salmon (+1)

FULL LOADED OMELETTE (GF OPTION) 22.5

three eggs potato & cheese omelette, ham, spinach, sautéed mushroom, avocado, cherry tomato, toasted sourdough
- add beef sausages 6

"NOT SO LITTLE" BREAKFAST (GF OPTION) 24.5

choice of two eggs poached, scrambled OR fried, crispy bacon, spinach, golden hash brown, grilled tomato, sautéed mushroom, toasted sourdough
- add fresh avocado 6

"THREE MILLS BAKERY" TOAST

- with choice of strawberry jam, blackberry jam, marmalade, Vegemite, peanut butter, honey
- Sourdough 8
- Multigrain 8
- Turkish 8
- Gluten Free 9
- Fruit and Raisin 9

MORE LIKE LUNCH

EGGPLANT CREPE (V) 25.5

chickpea crepe filled with eggplant & roasted tomato sauce pumpkin cream, Parmesan crisp, basil pesto

ENERGY BOWL (V OPTION) 26.5

green garden salad, hummus, cherry tomato, fried kale, beetroot, dukkah, red onion, corn, Moroccan dressing
- choice of honey & lemon halloumi
OR herb spiced chicken

FISH & CHIPS (DF) 26.5

lemon and pepper battered barramundi fillets, chips, garden salad, tartar sauce

ZUCCHINI FRITTERS 26.5

house made zucchini, feta and kale fritters, smoked salmon, sour cream, cucumber ribbons, capers, fresh herbs

LAMBS & VEGGIE (GF) 26.5

marinated grilled lamb, roasted baby carrots, parsnip, sweet potato, beetroot, wilted spinach, dried lentils, chili & mint yogurt dressing

STEAK SANDWICH (MEDIUM RARE) (GF OPTION) 26.5

grilled beef steak, mushroom, tomato, lettuce, caramelized onion, horse radish sauce, toasted Turkish bread, chips, tomato sauce
- add one fried egg 2.5

BEEF BURGER (GF OPTION) 26.5

grilled beef patty, cheese, tomato, lettuce, caramelized onion, smashed avocado, mustard mayo, chips, tomato sauce

PERI PERI CHICKEN BURGER (GF OPTION) 26.5

grilled peri peri chicken, aioli mixed coleslaw, grilled zucchini, roasted capsicum, chip, tomato sauce

SANDWICH TOASTIE 15.5

1. bacon, caramelized onion, ricotta, lettuce, tomato
2. ham, hummus, semi dried tomato, grilled zucchini, cheese
3. chicken, cheese, garlic roasted mushroom, rocket, avocado
4. chili roasted pumpkin, olives pate', grilled zucchini, kale, roasted capsicum

SIDES (each)

Parmesan cheese, feta cheese, dill hollandaise 4
grilled tomato, spinach, hash browns 5
sauteed mushroom, halloumi cheese, avocado, bacon, sausages 6
smoked salmon 7
bowl of chips 10

10% Surcharge applies on Sundays & 15% Public Holidays