

start your day
toasted sour dough *with butter and jam* **6**
bircher or gluten free muesli, seasonal fruit, coconut yoghurt, almond milk **v 14.5**
chia breakfast pudding, buckwheat granola, fruit **gf df v 14.5**

or try one of our daily fresh seasonal salads from the counter
gf df v

any three **8** any four **11**

gf - gluten free
v - vegan
df - dairy free
pf - paleo friendly

lunch from 11.30

harira -moroccan lentil and vegetable soup, flatbread **v 11.5**
oh my goodness open sandwich, crushed avocado, spiralized beetroot, activated cashew cheese, pickled figs **gf df v pf 15**
summer bowl, sweet corn succotash, heirloom tomatoes, smoked tempeh, goats cheese, linseed crackers, hemp oil, coriander **gf 19.5**
buddha bowl, jungle curry, quinoa, dulse, pickle, mint coyo, black pepper tofu **gf df v 19.5**

more substantial

quesadilla - corn tortilla, cheese, salsa, zucchini, rock melon seeds **gf 13**
tostadas - fried corn tortillas, refried beans, salsa, cashew cheese **gf v 15**
shakshuka, baked eggs in a spiced tomato, bean and vegetable ragout, crusty bread **df 17.5**

poormans potatoes with fried eggs, wild greens **df gf 17.5**

bay view garden breakfast bowl locally grown seasonal vegetables, hummus, olives, haloumi, poached eggs, flat bread **19.5**

buckwheat pancakes, black currant compote, maple syrup, coconut yoghurt, **df gf 17.5**

te mata mushrooms, tomato, cashew cream, toasted sour dough **v df 17.5**

primal omelette, kimchi, tomatoes, mushrooms, macadamias, greens **df gf 18.5**

tacos – soft shell tortillas filled with black beans, braised mushrooms, salsa, cashew mayo **gf v 18.5**

extras – wilted greens **4** - mushroom **4** – avocado (if available) **4** – fried haloumi **4** – toasted sourdough **4** – poached egg **3** gluten free bread add **1**