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# BREAKFAST

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7AM - 11.30AM WEEKDAYS  
8AM - 12PM WEEKENDS

BREAKFAST

## HOT

ESPRESSO	3.5
DOPPIO	4
SHORT MACCHIATO	3.5
LONG MACCHIATO	4
LONG BLACK	4
PICCOLO	3.5
CAPPUCCINO	4 / 5
FLAT WHITE	4 / 5
LATTE	4 / 5
CHAI LATTE	3.5 / 5
MOCHA	4 / 5
HOT CHOC	4 / 5
ORGANIC TEA POTS (ASK YOUR SERVER)	5

## EXTRAS

LACTOSE FREE, ALMOND, SOY, SYRUPS, EXTRA SHOT	.50
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## ICED

LATTE	5.5
LONG BLACK	5
CHOCOLATE	5
MOCHA	6

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## COLD

FRESH JUICE	7
KOMBUCHA	6
ANTIPODES WATER: STILL	5
SPARKLING	
500ML / 1L	6 / 9
SOFT DRINKS	4
CRAFT TONIC	5

SOURDOUGH, SELECTION OF BUTTER AND PRESERVES	8
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HOUSE MADE BANANA BREAD, HONEY BUTTER	9
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COCONUT & QUINOA PORRIDGE, BANANA, COCONUT YOGHURT, FRESH BERRIES, CRUNCHY GRANOLA (V,DF)	15
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PUMPKIN PANCAKES, FRESH BERRIES, COCONUT YOGHURT, MAPLE SYRUP (V)	14
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SHIITAKE, ENOKI AND OYSTER MUSHROOMS, TOASTED BRIOCHE, CRISPY FRIED EGGS, SSAMJANG (DF)	16
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EGGS YOUR STYLE, SOURDOUGH	12
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SPICY LAMB MINCE, BAKED EGG IN A HALF AVOCADO, BÉARNAISE SAUCE (GF)	20
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AVOCADO ON CHARCOAL SOURDOUGH, CARAMELISED PEAR PUREE, WALNUT DUKKHA, POMEGRANATE, EDIBLE FLOWERS (DF)	16
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FULL ENGLISH, EGGS YOUR STYLE, ROSEMARY MUSHROOMS, BANNOCK BRAE BACON, BANNOCK BRAE BEEF SAUSAGE, OVEN DRIED TOMATO, HOUSE SMOKY BEANS (DF)	22
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BLACK SESAME WAFFLE, KARRAGE CHICKEN, NORI CRUMB, MISO MAPLE	20
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ISLES LANE EGGS BENEDICT, SWEET POTATO CAKE, JERUSALEM ARTICHOKE PURÉE, RED VEINED SORREL, HOLLANDAISE (GF)	18
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LAMBS FRY, BACON, TOASTED SOURDOUGH, CARAMELIZED ONION GRAVY (DF)	14
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MOOLOOLABA CRAB OMELETTE, CORIANDER, CHILLI, SPRING ONION, OYSTER SAUCE (GF)	20
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## EXTRA'S

2 EGGS / BACON / BEEF SAUSAGE / FLAKED TASMANIAN SALMON / PULLED BEEF BRISKET / SPICY LAMB MINCE	5.5
MUSHROOMS / OVEN DRIED TOMATO / SPINACH / AVOCADO / BEANS / HALLOUMI	4.5