



BREAKFAST

sourdough, selection of butter and preserves	8	full english, eggs your style, rosemary mushrooms, bannock brae bacon, bannock brae beef sausage, oven dried tomato, house smoky beans (df)	22
house made banana bread, honey butter	9		
coconut & quinoa porridge, banana, coconut yoghurt, fresh berries, crunchy granola (v, df)	15	black sesame waffle, karrage chicken, nori crumb, miso maple	20
pumpkin pancakes, fresh berries, coconut yoghurt, maple syrup (v)	14	isles lane eggs benedict, potato cake, jerusalem artichoke purée, red veined sorrel, hollandaise (gf)	18
shiitake, enoki and oyster mushrooms, toasted brioche, crispy fried eggs, ssamjang (df)	16	lamb's fry, bacon, toasted sourdough, caramelized onion gravy (df)	14
eggs your style, sourdough	12	mooloolaba crab omelette, coriander, chilli, spring onion, oyster sauce (gf)	20
spicy lamb mince, poached eggs, polenta cake, charred corn (gf)	20		
avocado on charcoal sourdough, caramelised pear puree, walnut dukkha, pomegranate, edible flowers (df)	16		

EXTRAS

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

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	5
<i>ask your server</i>	

EXTRAS

lactose free / almond / soy / syrups / extra shot	0.50
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ICED

latte	6
long black	5
chocolate	6
mocha	6

COLD

antipodes water	
still	5
sparkling	500ml 6 1 litre 9

COLD

JUICES

fresh cold pressed juice

gardener – spinach, kale, ginger, green apple, celery cucumber, lemon 9

grove – orange, lemon, ginger, carrot 9

forager – beetroot, carrot, apple, ginger, celery 9

orange 8

green apple 8

