



### **Breakfast all day all week – 7am to 2pm**

Peter's Creamy oats w maple & chai seeds finished w blueberries & beetroot dust. \$11

Carolyn's muesli w dried apple & apricot, raisins & sunflowers seeds w house made vanilla yoghurt, strawberries & toasted toffee almond flakes. \$11

Fruit Toast – our own whole meal loaf w raisins, sultanas, currants, almonds and apricot served w butter and local organic honey (Gluten free available) \$8.5

Sour dough open toasty w grilled cherry tomatoes, button mushrooms, raw spinach, bacon & a poached egg finished w Meredith's goats' cheese

The Big One w Scrambled eggs, bacon, chipolata sausage, hash browns, pan-fried buttered mushrooms & cherry tomatoes finished w fresh thyme, served on George's sour dough. \$21

Waffles & Crepes of the week – see our specials board for our latest toppings.

Eggs – poached, fried or scrambled served on whole meal, white, sour dough or gluten free toast w bacon. \$12

**Sides to make your own breakfast** – Mushrooms, Avocado, Baby spinach, Grilled tomato, each item is \$3

Champagne Ham, Smoked salmon, Sausages, Baked beans, hash browns (2) each item is \$4

Sauces -Tomato sauce, BBQ sauce, Aioli, Hollandaise, House Tomato relish add \$1

PS – we choose not to butter our toasts, if you would like us to butter yours just let us know, it's no extra!! Its real butter too no marg here!!

### **Breakfast smoothies & fruit juice crushes – for breaky on the go**

Pep in your step – almond milk, banana, blueberries, Greek yoghurt & protein powder. \$7.5

Mango tango – pineapple, mango, banana, passionfruit, coconut water & macha powder \$7.5

Berry & oats – strawberries, blueberries, raspberries, oats, Greek yoghurt, skim milk \$7.5

### **Healthy Harvest bowls from 11am to 2pm**

Quinoa and roasted vegetable salad w carrot, baby yellow potatoes, broad beans, maple roasted w rosemary and finished with tahini, lemon yoghurt. \$18 (GF)

Keto salmon w avocado salsa, pickled lemon & rocket leaves. \$21 (GF)

Za a tar spiced baby lamb rump w Colbinabbin semi dried tomatoes, Meredith's goats' cheese, baby olives, cucumber & fresh local lettuce finished with a drizzle of balsamic glaze. \$18 (GF)

Burrito bowl w chili beans, spiced corn, tomato red pepper salsa finished w light sour cream and a toasted tortilla

Zucchini fritters w smashed avocado, poached egg & slow roasted vine ripened tomatoes topped w Meredith's goats' cheese & dressed rocket \$16 (GF)

Mango chicken bowl w avocado, cherry tomatoes, fresh lettuce, aioli & toasted almonds. \$18 (GF)

### **From the chefs' kitchen 11-2pm**

Essence risotto with chemical free chicken breast, bacon, seeded mustard finished w a dash of cream, cashew nuts & shaved parmesan \$18 (GF)

Dry aged Scotch fillet sandwich – w egg, bacon, tasty cheese, onion jam, finished with fresh lettuce & tomato relish served atop toast on its own \$18 or add a side of chunky chips \$22.5

Gnocchi w pumpkin, sweet potato, red peppers, baby spinach finished with toasted pine nuts & shaved parmesan \$18 (veg)

Freshly baked frittata served w Essence tomato relish, rocket, parmesan and walnut salad – see our specials board for our current variety. \$15

Grazing plate for 2 – Veal and pork terrine, duck liver pate, Italian prosciutto, Cohuna wagyu, Chefs dip and cheese selection w pickled vegetables & crusty breads. \$20

**The Toastie press 10-2.30pm**

**Classic Club sandwich**– grilled bacon, fresh tomato, tasty cheese, chicken breast, avocado, encased in three slices of bread, toasted & finished with lettuce & house mayo. On its own \$12.0 or with a side of chips \$16.5

**Chicken Berry Brie** – Chemical free chicken breast w Tasmanian Brie & cranberry finished w smashed avocado and fresh lettuce toasted Turkish bread \$11

**Tasty Turkey** – Shaved turkey breast from Bendigo’s own Moira Mac served w tomato, bacon, smashed avocado and lettuce toasted wrap \$11

**Ham star** – Fresh shaved ham from the bone w Colbinabbin semi dried tomato, Essence relish, roasted red peppers and Swiss cheese on sour dough \$9

Or Make your own – with fresh chicken, ham, beef, turkey, smoked salmon, salami, with all the usual cheeses, sauces and salads. Whole meal, white, sour dough & gluten free breads available for sandwiches.

**Sandwich \$9**

**Toasted Wrap \$12**

**Toasted Turkish \$12**

**Toasted Baguette \$12**

**Our Wines – we keep it local:**

Sparkling:	Belvoir Park Sparkling - Harcourt	Glass	\$8	Bottle	\$38
White:	House whites – Moscato, Sauvignon Blanc, Chardonnay	Glass	\$7	Bottle	\$30
	Belvoir Park Riesling - Bendigo	Glass	\$8	Bottle	\$38
Red:	Belvoir Park Estate Cabernet Sauvignon	Glass	\$7	Bottle	\$35
	Belvoir Park Estate Reserve Shiraz	Glass	\$8	Bottle	\$38

**Beers – both standard and craft** – please ask our staff for our current selection Stubbie from \$5 -\$8

**Hot Drinks:**

Coffee:	All the usual selections	Small/Cup -	\$3.8
		Medium/Mug -	\$4.4
		Large-	\$5.0
		Extra shot	60c
	Syrups: Caramel, Vanilla & Hazelnut		60c
Hot Choc:	Our great choc syrup with marshmallows		\$4.4
	or for something different try our White Hot Chocolate		\$4.4
Chai:	Latte in a glass		\$3.8
	Latte in a mug		\$4.4
	Tea drop in a pot		\$4.4
Tea drop tea served in a pot:			
	English breakfast, Earl Grey,		\$4.4
	Peppermint, Green, Lemongrass & ginger		\$4.4

**Cold Drinks:**

Milkshakes:	Chocolate, Strawberry, Vanilla, Caramel, Banana, Lime, Coffee		\$6
Iced Drinks:	Iced Coffee, Iced Chocolate or Iced Mocha		\$6
Smoothies:	Strawberry – strawberries, ice cream, apple juice, natural yoghurt		\$6.5
	Banana Berry – banana, berries, yoghurt, ice cream, apple juice		\$6.5
Fruit Crushes:	Tropo - Pineapple, raspberries, watermelon, oranges w sorbet & ice		\$6.5
	Mango Berry - Mangoes, raspberry sorbet, ice & apple juice		\$6.5
	Berry Nice - Strawberries, blueberries, raspberry sorbet, apple juice		\$6.5

**We pride ourselves on using local produce as well as GMO free, preservative free ingredients 99.9% of what we serve is made on site, with the exception of our bread which comes from George's bake house in Huntly – he is preservative free too.**