

- Banana Bread**, butter 7  
**Toast & Preservatives** (ciabatta, wholemeal) (veg, gfo) 9  
Fruit toast 10  
**Ham & Cheese Croissant**, with smoked tomato relish 9  
**Fresh Seasonal Fruit**, yoghurt (veg, gf) 10  
**Brekky Toastie**, ham, swiss cheese, tomato relish,  
Dijon mustard, ciabatta 13  
**Eggs on Toast**, choice of 2 eggs, poached, fried or  
scrambled (veg, gfo) 13  
**Muesli**, fresh fruit, honey yoghurt (veg, gf) 14  
**Chia Pudding**, seasonal berries, toasted coconut (v,gf) 17  
**Buttermilk Pancake**, mixed berries, mascarpone, maple  
syrup (veg) 17  
**Brekky BLT**, bacon, spinach, cheddar, smoked tomato  
relish, Turkish bread 16  
**Potato & Chorizo Hash**, choice of 2 eggs, cherry tomatoes,  
ciabatta (gfo) 19  
**Baked Eggs**, homemade spiced beans, chorizo,  
ciabatta (gfo) 19  
**Baked Mixed Mushrooms**, sweet potato  
homemade spiced beans, ciabatta (v, gfo) 19  
Add Persian fetta 2.5  
**Eggs Benedict**, English muffin, spinach, hollandaise,  
poached eggs  
Mushrooms 19  
Ham 19  
Bacon 21  
Smoked Salmon 21  
**Avocado Smash**, poached eggs, Persian fetta,  
dukkha, ciabatta, heirloom tomatoes (veg, gfo) 21  
**Veggie Big Brekky**, choice of 2 eggs, ciabatta, mushrooms,  
grilled tomatoes, spiced 5 beans, spinach & hash browns  
(veg, gfo) 22  
**Tradewinds Big Brekky**, choice of 2 eggs, mushrooms  
grilled tomatoes, Lamb & Rosemary sausage,  
potato & chorizo hash, belly bacon, ciabatta (gfo) 25
- Sides (all gf)  
Lamb & Rosemary sausage 5  
Belly Bacon 5  
Smoked Salmon 7  
Roasted Mushrooms 4  
Baby Spinach 5  
Smashed Avocado 5  
Grilled Tomatoes (2 halves) 5  
Eggs 3  
Gluten free bread (only available for GFO listed items) 2
- Coffee**, Espresso, Long Black, Chai Latte 4  
Flat White, Cappuccino, Latte, Mocha, Macchiato,  
Almond, Soy & lactose milk 0.5  
**Syrups**: Vanilla, Hazelnut, Caramel 0.5  
Hot Chocolate 5
- Teas** 4.5  
English Breakfast, Earl Grey, Peppermint, Chamomile,  
Lemon&Ginger, ChaiTea
- Juices**  
Orange, Apple, Pineapple 7