

Breakfast

BREAKFAST**MUSHROOM TOAST****27**

Sauteed mushrooms, garlic & thyme,
Truffled tofu cream,
Pumpkin tahini, Green oil ^V
Add poached eggs

+5**FRUIT & NUT TOAST****12**

Fruit and nut toast,
House preserves and butter ^V

SOURDOUGH TOAST**12**

Cultured butter, preserves
and marmalade ^V

TRADEWINDS SUPERFOOD GRANOLA**22**

Our house-made blend of toasted
oats, nuts and grains with summer
berry compote, Greek yoghurt and
bush honey ^{V/GF}

FRENCH TOAST**23**

Brioche French toast,
Coffee anglaise, nutella
marscapone, Hazelnut brittle,
fresh strawberries

BREAKFAST BURGER**27**

Breakfast burger bun, Slow cooked
pork belly, House tomato relish,
Hash Brown, Fried egg, Baby spinach
Double pork belly

+8**AVOCADO TOAST****24**

Slow-roast cherry tomatoes,
crumbled Persian feta, microherbs
and vincotto ^V
Add poached eggs

+5**FREO BENEDICT****26**

English muffin, sauteed spinach,
poached eggs, grilled bacon
and hollandaise ^{VO/GF}

EGGS YOUR WAY**17**

Poached / fried / Scrambled
on sourdough bread ^V

SEAFARERS BREAKFAST**35**

Fried or scrambled eggs, breakfast
sausage, baked beans, grilled
grape tomatoes, kale, bacon, hash
brown and sourdough toast

ADD ONS

Bacon +5	Cumberland sausage +5
Mushroom +5	Smoked salmon +7
Baked beans +4	Avocado +5
Hash brown +3	Gluten free bread +2
Grilled grape tomatoes +5	Yoghurt +5

DRINKS**COFFEE & TEA****ESPRESSO****5 / 6****DOUBLE ESPRESSO****LONG BLACK****LATTE****FLAT WHITE****CAPPUCCINO****AFFOGATO****9****CHAI LATTE****5.5 / 6.5****CHAI MATCHA LATTE****ICED COFFEE****HOT CHOCOLATE****ORGANIX XO TEA SELECTION****5****ENGLISH BREAKFAST****LEMONGRASS AND GINGER****PEPPERMINT****EARL GREY****GREEN****JUICE****5****ORANGE****PINEAPPLE****CRANBERRY****APPLE****COLD****SOFT DRINKS****5****STILL WATER 750ml****8****SPARKLING WATER 1L****10****EXTRAS**

Takeaway / Extra shot +1
Hazelnut / Salted Caramel /
Vanilla / Caramel Syrup +1
Soy, Oat, Almond, Lactose-Free
milk available