REMEMBER THE YOUNG DAYS, WHERE LITTLE LEGS SPRINTED TO MILK BARS. WHERE POCKETS WERE FILLED WITH CANDY; SUGAR SPILLING FROM THE SEAMS. MEMORIES **OF DRIPPING ICED SWEETS:** FINGERS STAINED STICKY WITH BLUES, YELLOWS, **REDS AND GREENS. WHERE** SUNLIT HOURS WERE SPENT DAY DREAMING AND NON-STOP CHASING.

DON'T FORGET THE DREAMING DAYS.

ALCOHOL DRINKS	
COCKTAILS Margarita Aperol Spritz Mimosa Bloody Mary Espresso Martini	18.0 16.0 13.0 16.0 18.0
WINE Positano Prosecco Ingram Rd Heathcote Shiraz Helens Hill Lana's Rose Oscars Folley Pinot Grigio	11/52 13/60 13/60 12/55
BEER Local Brewing Co Lager Balter XPA Two Rupees NEPA Matseos Ginger Beer Gage Roads Single Fin	9.0 10.0 9.0 9.0 9.0
SPIRITS 78 Degrees Gin 78 Degrees Vodka Buffalo Trace Bourbon	10.0 10.0 10.0
PB & BANANA SMOOTHIE Banana, peanut butter, cacao, hone almond milk. (VO, GF)	11.0 y &
MANGO SMOOTHIE Mango, coconut milk, yoghurt & honey. (11.0 VG, GF)
MILKSHAKES Served with malt Chocolate Nutella Strawberry Vanilla Salted Caramel Espresso Alternative milks	7.5 + 1.5
COFFEE By Inglewood Coffee Roasters Single Origin Espresso Single Origin Long Black Roosevelt with Milk	4.5 4.7 5.2
INGLEWOOD COFFEE SUPPLEM Immunity booster	2.0
Kickstart oil Collagen booster	2.0 2.5
INGLEWOOD ARMOUR COFFEE Immunity booster + Kickstart oil Turmeric Latte Matcha Maiden Latte Hot Chocolate Mocha Malibu Chai Iced Coffee with ice cream Iced Chocolate with ice cream	3.5 6.0 5.2 5.2 6.5 7.0 6.5 7.0
FILTER COFFEE Bottomless Batch Brew Cold Brew	5.2 6.5
ALTERNATIVE MILKS Soy, almond, oat, coconut milk	+ 0.5
TEA Tea by Malibu English Breakfast Earl Grey Sencha Green Peppermint Lemongrass & Ginger Chamomile	4.80
DRINKS Bobby Prebiotic Soft Drink Berry, Ginger Beer	5.0
Coke, Diet Coke, Sprite, Lift Kombucha Drinking Coconut	4.5 7.0 7.0
JUICES Orange Juice Apple Juice Mango Juice	7.0 7.0 7.5

BREAKFAST/BRUNCH
TOAST9.0Choice of sourdough, multigrain or fruit toast with your choice of preserves.Gluten free + 2.0 INutella (N) + 1.0
EGGS ON TOAST13.5Free range eggs your way served on buttered sourdough.
PORRIDGE20.0Oat and chia porridge, sour cherry poachedpear, vanilla mascarpone, spiced almondgranola. (VG, VO, N)
GRANOLA20.0Nut crunch buckwheat granola, coyo, strawberries, kiwi fruit and passionfruit. (VG, V, GF, N)
BREAKFAST BOWL22.5Quinoa, yoghurt, kale, haloumi, avocado,black dukkah, cherry tomatoes & a poachedegg. (VG, GFO, N)Add salmon or bacon + 4.0
SPINACH AND JALAPEÑO23.5OMELETTEOpen omelette, broccolini, baby peas, whipped feta, kale za'atar, on sourdough. (VG, GFO)Add bacon + 4.0
BULGOGI BENNY23.5Pulled beef brisket, grilled kimchi bok choy, smoked chilli hollandaise, chives, two poached eggs on sourdough. (GFO) Add mushrooms + 4.0
HERBED MUSHROOMS22.5Winter greens, smoked labneh, fried egg, sweet potato pangritato, harissa lemon butter, sorrel, buttered thick cut multigrain. (VG,VO,GFO)
VEGAN OPTION22.5With whipped tofu. (V)
FIGGY PUDDING PANCAKES23.0Vanilla mascarpone, ginger snap crumbs, butterscotch, fresh figs and lemon balm. (VG)
HOT SMOKED SALMON23.9Horseradish creme fraiche, blood orange, poached egg, watercress, fennel, green oil, black olive crumb on sourdough. (GFO)
AVOCADO ON TOAST21.0Pepita dukkeh, green chilli oil, whipped feta, sautéed kale on buttered multigrain. (VO, VG, GFO)(VO, VG, GFO)Add egg + 3.0 I Add bacon + 4.0
VEGAN OPTION21.0With vegan feta. (V)
CHILLI SCRAMBLE23.0Broccolini, chilli braised bacon, whippedfeta, soft herbs on sourdough. (GFO, VGO)
CUMBERLAND SAUSAGE24.0Fried eggs, chilli oil, spiced apple & beetrootrelish, buttered sourdough.

LUNCH

LUNCH	
SOUTHERN FRIED CHICKEN BURGER	23.5
Chipotle mayo, slaw & smoked chee potato bun with Cajun chips.	ese on a
SLOW COOKED LAMB SHOULD Yellow dahl, rough raita, seasonal pi and herb salad. (GF)	
AL PASTOR TACOS Pulled achiote smoked chicken, caramelised pineapple, guacamole, slaw, pico de gallo, pecorino, jalape	
VEGAN OPTION With Adobo cauliflower. (V)	23.0
BROCCOLI SALAD Shaved raw broccoli, apple, fennel, cranberry, toasted almonds, mint, miso tofu dressing. (VG, V, GFO, N) Add egg + 3.0 Add bacon + 4.0 Add Chicken + 5.0	22.0
KIDS MENU	
DIPPY EGGS & SOLDIERS	10.0
BABY OMELETTE Cheese omelette on sourdough. (GF	11.0 =O)
MINI PANCAKE With vanilla ice cream and maple syn	9.0 rup.
SIDES	
Hash Browns (VG, V)	5.5
Potato Rosti (VG)	5.5
Mushrooms (GF, VG, V)	5.5
Extra Egg (VG, GF)	3.5
Haloumi (GF, VG)	5.5
Short Cut Bacon (GF) Roast Tomatoes (GF, V, VG)	5.5 5.5
Smoked Salmon (GF)	6.5
Smoked Chilli Hollandaise (GF, VG)	3.5
Tomato Relish (GF)	3.5
Avocado (GF, VG, V)	5.5
Feta (VG, GF) / Vegan Feta (GF, VG, V)	4.5
Chips with Aioli (VG)	10.0
No split bills on weekends and public ho No alterations to menu items.	olidays.
GF - Gluten Free GFO - Gluten Free O VG - Vegetarian Op V - Vegan VO - Vegan Option	•
N - Contains Nuts	
All food is prepared in a kitchen where n gluten and other known allergens may b present. Our team and our suppliers tak caution to prevent cross-contaminatior however, any product may contain trace have a food allergy, please make this kn the time of ordering.	be xe n, es.lfyou

