

PANIVORE

BREAKFAST

SOURDOUGH TOAST

\$5^{VG, GFO}

MICHE SOURDOUGH
WITH BUTTER &
CHOICE OF SPREAD.

ADD

SMASHED AVO \$4 / ONE POACHED EGG \$3 / FRESH TOMATO \$3 / HAM \$3.5 / KALE MIX \$3 / HOTSAUCE \$0.5 / GLUTEN FREE \$2

BANANA BREAD \$6

TOASTED WITH
BUTTER.

FRUIT LOAF \$6

TOASTED WITH
BUTTER.

AVO ON TOAST

\$9^{VG, GFO}

SOURDOUGH TOAST
WITH SMASHED
AVOCADO,

HOUSE GRANOLA \$10

WITH GREEK
YOGHURT, STEWED
RHUBARB, FRESH
FRUIT & YOUR
CHOICE OF MILK.

CHIA & OAT

PUDDING \$10^{VG}

WITH SEEDS, NUTS,
STEWED RUBHARB,
TOASTED ALMOND
AND GOMASIO.

EGGS ON TOAST

\$11^{GFO}

TWO POACHED EGGS
ON SOURDOUGH.

HAM & CHEESE

TOASTIE \$7.5
LEG HAM, CHEESE AND
DIJON MUSTARD ON
COUNTRY LOAF.

ADD

SMASHED AVO \$2
FRESH TOMATO \$1
HOTSAUCE \$0.5

BACON & EGG ROLL

\$9

BACON, POACHED
EGG, KALE & HOUSE
MADE BBQ SAUCE.

BLT \$10

COUNTRY LOAF WITH
BACON, LETTUCE,
TOMATO AND MAYO.

ADD

SMASHED AVO \$2
HOTSAUCE \$0.5

EGG SANDWICH

\$10^{GFO}

BUTTERED SOURDOUGH
FILLED WITH SMASHED
EGG & HOTSAUCE.

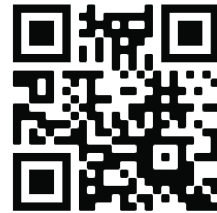
CLUB SANDWICH

\$14

COUNTRY LOAF WITH
POACHED CHICKEN,
BACON, LETTUCE,
TOMATO AND MAYO.

ADD

SMASHED AVO \$2
HOTSAUCE \$0.5



DINING IN? PLEASE CHECK IN

LUNCH

1. CHOOSE A PROTEIN

POACHED CHICKEN^{GF} | CHICKEN SCHNITZEL | PULLED PORK^{GF} | BETTI'S MEATLOAF | TEMPEH & TOFU^{VG} |

2. CHOOSE A BASE

SANDWICH \$11^{VG, GFO}

COUNTRY LOAF WITH
LETTUCE, CUCUMBER,
TOMATO, FRIED
SHALLOTS, PICKLED
CARROT AND MAYO.

ADD

HOTSAUCE \$0.5
AVOCADO \$2
GLUTEN FREE \$2
EXTRA PROTEIN \$4
SIDE OF CRISPS \$2

WRAP \$12^{VG}

TORTILLA WRAP WITH
LETTUCE, CUCUMBER,
TOMATO, FRIED
SHALLOTS, PICKLED
CARROT AND MAYO.

ADD

HOTSAUCE \$0.5
AVOCADO \$2
EXTRA PROTEIN \$4
SIDE OF CRISPS \$2

ROLL \$15^{VG}

SEEDED ROLL WITH
LETTUCE, CUCUMBER,
TOMATO, FRIED
SHALLOTS, PICKLED
CARROT AND MAYO.

ADD

HOTSAUCE \$0.5
AVOCADO \$3
SIDE OF CRISPS \$2

BOWL \$16^{VG, GF}

VERMICELLI NOODLES,
LETTUCE, TOMATO,
CUCUMBER, MINT,
CABBAGE, CARROT,
CRUSHED PEANUT,
FRIED SHALLOTS AND
A TAMARI, CHILLI
& SESAME DRESSING.

ADD

AVOCADO \$4
POACHED EGG \$3
EXTRA PROTEIN \$4

PLATE \$16^{VG, GF}

BROWN RICE, KALE,
HUMMUS, FENNEL,
ROASTED ZUCCHINI,
RED CABBAGE,
PICKLES AND APPLE
CIDER VINAIGRETTE.

ADD

HOTSAUCE \$0.5
AVOCADO \$4
POACHED EGG \$3
SLICE OF TOAST \$2
EXTRA PROTEIN \$4