

-- WEEKDAYS 7:30 – 2.30 --

ALL DAY MENU

-- WEEKENDS 8:00 – 4.00 --

BUILD YOUR OWN BREAKFAST

'THREE MILLS' GRAIN SOURDOUGH WITH IN-HOUSE BUTTER -8-

HOUSE MADE JAM / NATURAL PEANUT BUTTER/ HONEY/ VEGEMITE -0.5-

'HILLTOPS' FREE RANGE EGG -2.5-

MEREDITH VALLEY GOATS CHEVRE -3.5-

AVOCADO SMASH, SEEDS + SPROUTING LENTILS -4.5-

FRESH TOMATO MEDLEY, ROAST TOMATO DRESSING, BASIL -5-

BROCCOLINI, PINE NUTS, MISO & FURIKAKE -6-

SAUTÉED KALE & ALMONDS -4.5-

FENNEL CURED SALMON -5-

FREE RANGE 'BOX GUM' HAM -5-

EGGS ON TOAST/ COOKED YOUR WAY, (SCRAMBLED, FRIED, POACHED) ON

TEN GRAIN SOURDOUGH -13-

STILL HUNGRY??? TRY ADDING SOME SIDES FROM OUR LIST ABOVE.

ZUCCHINI & CORN PANCAKE/ MILD JALAPENOS, AVOCADO, VEGAN CHIPOTLE SAUCE, ASPARAGUS,

CORIANDER, MINT, CUCUMBER, TOMATO SALSA. -20- (V) (GF) (DF)

ADD: HILLTOP FREE RANGE EGG -2.5-

ADD: FREE RANGE BOXGUM HAM-5-

ADD: FENNEL CURED SALMON -5-

CHILLI SCRABBLE/ TEN GRAIN SOURDOUGH, SCRAMBLED EGGS WITH BLUE SWIMMER CRAB, FRESH

CHILLI, CHILLI SAUCE, SHALLOTS, CORIANDER, VIET MINT, CHEVRE. -23-

(GF OPTION AVAILABLE)

ADD: BROCCOLINI, PINENUTS & FURIKAKE -6-

WILD MUSHROOMS/ MIXED MUSHROOMS ON TEN GRAIN SOURDOUGH, SAUTEED KALE + ALMONDS,

ROASTED SEEDS, GARLIC, NEUFCHATEL, POACHED EGG. -20-

(GF OPTION AVAILABLE) (VG)

ADD: MEREDITH VALLEY GOATS CHEVRE -3.5-

We are happy to accommodate any dietary requests. Most of our meals can be altered to be Dairy free (DF), Vegetarian (VG), Vegan (V) & Gluten free (GF).

PORK CASSOULET/ HARISSA SPICED CHICKPEA AND BUTTERBEAN MIX, PORK BELLY, TURMERIC

LABNA, PANGRITATA, POACHED EGG, TEN GRAIN SOURDOUGH - 19 –

BREAKFAST GRANOLA/ HOUSE MADE GRANOLA, COCONUT YOGHURT, STRAWBERRIES, BLOOD

ORANGE, APPLE, LEMON BALM, MIXED BERRY CHIA JAM SERVED WITH A SIDE OF ALMOND MILK -16-

(VG) (DF)

POACHED FRUIT WAFFLE/ GF WAFFLES, POACHED PEAR & STONEFRUIT, BLUEBERRIES VANILLA

MASCARPONE, BURNT HONEY, MERINGUE CRUMBLE -20- (GF) (VG)

LP VEGAN BOWL/ BRUSSEL SPROUTS, BROCCOLI, DUTCH CARROT, KALE, GARLIC OIL, TAHINI PUMPKIN

PUREE, ORANGE NUT CRUMBLE -22- (V) (GF) (DF)

LAMB SALAD/ LAMB SHOULDER, BABAGANOUSH, SWEET POTATO, FREEKAH, ROCKET, MINT, PARSLEY,

DILL, RED ONION, PUFFED NUT CRUMBLE, POMEGRANATE DRESSING -25- (GF)

CHICKEN SALAD/ FREE RANGE CHICKEN, SWEET CORN PUREE, COS LETTUCE, CONFIT ONION, ROAST

CAPSICUM, QUINOA, CHERRY TOMATOES, BLACK BEANS, CORIANDER & LIME DRESSING -25 – (GF)

LP SOUP/ – ASK OUR FRIENDLY STAFF ABOUT IT.

TERMS EXPLANATION

CHIPOTLE: DRIED SMOKED MEXICAN CHILLI SAUCE

NEUFCHATEL: A SOFT WHITE FRENCH CHEESE.

FURIKAKE: DRY JAPANESE SEASONING.

HARISSA: NORTH AFRICAN HOT PEPPER, SPICE PASTE.

CASSOULET: SLOW COOKED BEAN CASSEROLE.

MASCARPONE: SWEET ITALIAN CREAM CHEESE.

BABAGANOUSH: MIDDLE EASTERN EGGPLANT DIP.

LABNA: MIDDLE EASTERN 'YOGHURT'

PANGRITATA: HERB SPICED BREAD CRUMB

Please note we are not a Gluten/Nut Free kitchen. We are unable to guarantee food will be totally free of allergens.