



OPENING HOURS
TUES-FRI 7.30-3
SAT-SUN 8-3
KITCHEN CLOSSES AT 2.30

SMALL PLATES

served with warm pita bread

HUMMUS homemade chickpea, tahini, garlic, olive oil	\$6.5
TZAZIKI homemade greek yoghurt, cucumber, dill, mint, lemon	\$6.5
DOLMADES hand rolled rice stuffed vine leaves	\$8.0
MT ZERO OLIVES + PICKLES	\$6.5
FALAFEL + TAHINI falafel balls, side tahini	\$8.0

SANDWICHES

available all day

BLT istra bacon, lettuce, roma tomatoes	\$13.0
BELT istra bacon, free range egg, lettuce, tomatoes	\$15.0
BELTA istra bacon, free range egg, lettuce, tomatoes, avocado	\$17.0
BELTAC istra bacon, free range egg, lettuce, tomatoes, avocado, cheese	\$18.0
HELTA (v) haloumi, free range egg, lettuce, tomatoes, avocado	\$17.0
SELTA smoked salmon, free range egg, lettuce, tomatoes, avocado	\$18.0
HAM & CHEESE FOCACCIA	\$11.0
BACON & EGG FOCACCIA	\$11.0
BOWL BEER BATTERED CHIPS	\$9.0
ADD SIDE CHIPS	\$5.0

ASK YOUR WAITER FOR OUR RANGE OF FRESH DAILY PANINIS

PLEASE NOTE WE HAVE A 10% SURCHARGE ON WEEKENDS.
SORRY, WE DO NOT SPLIT BILLS ON WEEKENDS.

MEALS

available all day

MEDITERRANEAN BREAKFAST PLATE poached eggs, green tabouleh, falafel, haloumi, pickled radish, tzaziki, mt. zero olives, tahini, toasted seeds & warm pita bread	\$21.0
PUMPKIN & AVOCADO STACK sourdough toast topped with roasted pumpkin, smashed avocado, meredith goat cheese, sriracha aioli, pickled radish, a poached egg, pumpkin crisps & toasted seeds add istra bacon or haloumi \$5.5	\$19.5
BACON BENEDICT poached eggs, red onion jam, cousin geoff's spicy relish, istra bacon, fresh spinach, hollandaise & pesto on toasted sourdough	\$20.0
PUMPKIN HUMMUS BOWL (can be made vegan) roast pumpkin spiced hummus, a roasted capsicum, feta & radish salad, turmeric pickled cauliflower, falafel, herbs & warm pita bread add poached egg \$2	\$18.5
WINTER PORRIDGE superseed porridge with stewed apples, soaked golden raisins, maple candied walnuts & blueberry vanilla labne	\$16.0
EGGS ON TOAST free range eggs any style on toasted sourdough	\$10.0
TOAST Sourdough Bakerei's multigrain or white sourdough 5 seed gluten free authentic village bakery fruit toast <i>all served with Pepe Saya Cultured Butter and either vegemite, peanut butter or jam</i>	\$8.5
JAM CROISSANT	\$6.0
HAM & CHEESE CROISSANT	\$8.0
SOUP OF THE DAY served with toasted sourdough	\$15.0
KASKI northern greek dish of roast capsicum, feta, ricotta, chilli and tomato served with warm pita bread	\$18.0

SIDES

can be added to any dish

Spinach, Roast Tomato	\$5.0 EACH
Istra Bacon, Chorizo, Avocado, Haloumi, Smoked Salmon	\$5.5 EACH
Gluten Free Swap	\$1.0
Hollandaise	\$2.0

NEEDING SOMETHING FOR DINNER TONIGHT?
CHECK OUT OUR SELECTION OF MAMMA'S MEALS. SEE FRIDGES.

HOT BEVERAGES

FAIR TRADE & ORGANIC GRINDERS BEANS

ESPRESSO \$3.2

REGULAR 8oz \$4.0

LARGE 12oz \$4.5

latte, cappucino, long black, flat white, mocha,
long macchiato, short macchiato

HOT CHOCOLATE 12oz \$4.5

PRANA CHAI LATTE (LEAVES) 12oz \$4.5

HEAL'R TUMERIC LATTE \$4.0

LOVE TEA \$4.0

english breakfast, earl grey, peppermint, green,
chamomile, french earl grey, lemongrass & ginger, chai

ICED COFFEE, MOCHA, CHOCOLATE \$6.0

ICED LATTE, ICED LONG BLACK \$4.0

AFFOGATO \$6.0

EXTRAS

EXTRA SHOT OF COFFEE \$0.5

BONSOY MILK \$1.0

MILKLAB ALMOND MILK \$1.0

MINOR FIGURES OAT MILK \$1.0

DECAFE \$0.3

TABOO SYRUP SHOT \$0.3

hazelnut, caramel, vanilla

JUICES & SMOOTHIES

JUICES

ORANGE \$6.0

CARROT, ORANGE, GINGER \$7.0

APPLE, KALE, LEMON, CELERY \$7.0

SMOOTHIES

MIXED BERRY \$10.0

BANANA \$10.0

COLD BEVERAGES

BOTTLE SODA WATER (UNLIMITED) \$5.0

LO BROS KOMBUCHA \$4.8

raspberry & lemon, passionfruit, lemon lime & bitters,
lemon & ginger

SAN PELLEGRINO \$4.0

limonata, grapefruit, arranciata rossa, arranciata, chinotto

TIRO FLAVOURED SODAS \$4.2

pink grapefruit, lemon squash, ginger beer, red orange,
raspberry, cola, chinotto, sparkling water

CAN SOFT DRINK \$3.5

coca-cola, diet coca-cola, zero coca-cola, sprite



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MILKSHAKES

CLASSICS

made with vanilla gelato

KIDS \$6 | MILKSHAKE \$8 | THICKSHAKE \$10

VANILLA (v)

CHOCOLATE (v)

CARAMEL (v)

STRAWBERRY (v)

BANANA (v)

BLUE HEAVEN (v)

LIME (v)

CHOCOLATE SPECIALITES

made with chocolate gelato

KIDS \$6 | MILKSHAKE \$8 | THICKSHAKE \$10

CHOCOLATE VELVET double chocolate

SPOTTED FROG (v) chocolate & mint

CHUCK BERRY (v) chocolate & strawberry

CRAZY CAMEL (v) chocolate & caramel

JAFFA (v) chocolate & orange

MOCHA (v) chocolate & coffee

ROWENA SPECIALTIES

our unique creations

KIDS \$7 | MILKSHAKE \$9 | THICKSHAKE \$11

SIR LAMINGTON (v) chocolate, strawberry & coconut

MORNING ALFRED (v) double espresso

SALTED CARAMEL the name says it all

HALVA (v) a greek tahini & chocolate dessert

DARK TOBLERONE dark classic tobleron flavour

EXTRAS

| MALT 50C | ALTERNATIVE MILK \$1 |

| EXTRA SCOOP \$2 |

(v) indicates can be made vegan