

BRUNCH

available all day

MEDITERRANEAN BREAKFAST PLATE 22
homemade green falafel, haloumi, tzaziki, cypriot salad,
poached eggs, olives & warm pita bread (vg, na)

BACON BENEDICT 22.5
istra bacon, red onion jam, rocket, poached eggs,
hollandaise w apple & fennel slaw on sourdough (gfo)
veg/pesc option -
swap bacon for smoked salmon or haloumi

BREAKFAST BRUSCHETTA 21.5
tomatoes marinated in a sundried tomato pesto, fresh basil,
meredith goat cheese & pinenuts on a crunchy baguette
(vg, gfo)
add avocado +\$5.5

KASKI 20
northern greek dish of roast capsicum, feta, ricotta, chilli &
tomato, served with poached eggs & garlic crustini
(vg, gfo)

BIRCHER 16
overnight soaked multi seed & nut oats w passionfruit
coconut yoghurt, pistachio crumb & fresh fruit (v, na)

LOADED BELGIAN WAFFLE 14.5
kyenton handmade waffles topped with fresh berries,
vanilla gelato, raspberry coulis & pistachio crumb

TOASTS
multigrain or white sourdough 8.5
5 seed gluten free 9.5
authentic village bakery fruit toast 8.5
served with jam, peanut butter or vegemite

EGGS ON TOAST 11
free range eggs on sourdough, served your way (vg, gfo)

ADD A SIDE

spinach / roast tomato / grilled mushroom 5
bacon / chorizo / avocado / haloumi / smoked salmon 5.5
gluten free bread 1
hollandaise / jam lady jam tomato relish / egg 2

LUNCH

available all day

SPANAKOPITA & SALAD 18
warm spanakopita served with an israeli salad, tzaziki, &
chunky relish (vg, vo, na)

CHILLI CRAB SPAGHETTI 26
blue swimmer crab spaghetti w garlic, chilli, parsley,
pangratto, rocket & pickled red chilli (na)

SANDWICHES

served on turkish bread with homemade aioli

BLT bacon, lettuce, roma tomato	13
BELT bacon, egg, lettuce, tomato	15
BELTA bacon, egg, lettuce, tomato, avo	17
BELTAC bacon, egg, lettuce, tomato, avo, cheese	18
HELTA haloumi, egg, lettuce, tomato, avo	17
SELTA smoked salmon, egg, lettuce, tomato, avo	18
<hr/>	
BACON & EGG FOCACCIA	11
HAM & CHEESE FOCACCIA	11
<hr/>	
BOWL BEER BATTERED CHIPS	9
SIDE CHIPS	5
<hr/>	
HAM & BRIE maffra brie, ham, rocket, dijon, onion	13
CAPRESE tomato, fior di late & basil	11
CHICKEN pesto chicken, butter lettuce, tomato	13

vg	vegetarian	we try to accommodate
vgo	vegetarian optional	everyone but during busy times
v	vegan	this may not be possible.
vo	vegan optional	
gfo	gluten free optional	for any allergies please let your
na	no alterations	waiter know when ordering.

see our bakery cabinet for fresh daily pastries & sweet treats

10% SURCHARGE APPLIES ON WEEKENDS | 15% SURCHARGE APPLIES ON PUBLIC HOLIDAYS



DRINKS MENU

HOT BEVERAGES

we use small batch roastery
pouring 'candyman' blend

REGULAR 4.3

LARGE 4.8

hot chocolate 4.5
prana chai leaves (on soy milk) 5.5
iced chai (on soy milk) 5.5
turmeric latte 4.5

batch brew (single origin) 4.5
iced coffee / iced chocolate 6.5
affogato 6.5

extra shot +.5
soy / oat / almond +1
decaf +.5

TEA

english breakfast / earl grey / french earl grey / peppermint /
green / lemongrass & ginger / chamomile / chai 4.8

moroccan mint iced tea 7
green tea, fresh mint & lemon

JUICES

FRESHLY SQUEEZED OJ 7
add ginger +1

COG JUICE 8
carrot, orange & ginger

GREEN JUICE 8
apple, kale, lemon & celery
add ginger +1

SMOOTHIES

PB&B 11
peanut butter, banana, cacao nibs, mejool date & oat milk
(v, na)

GREEN GODDESS 11
spinach, kale, mint, almonds, banana, natural
sweetener & coconut water
(v, na)

add scoop plant based protein powder +2

v - vegan
na - no alterations

COLD BEVERAGES

served with ice

BOTTLE SODA WATER (UNLIMITED) 5

GLASS COCONUT WATER 5

LO BROS KOMBUCHA 5.7
raspberry & lemon, ginger & lemon, ll&b, peach & ginger

SAN PELLEGRINO 4
limonata, pompelo, arranciata rossa, arranciata, chinotto

TIRO SODAS 4.2
pink grapefruit, lemon squash, blood red orange, raspberry,
ginger beer

CAN SODA 4
coca-cola, coca-cola no sugar, sprite

MILKSHAKES

kids 7 / adult 9 / thickshake +2

CLASSICS

made with vanilla gelato

vanilla (v)
chocolate (v)
caramel (v)
strawberry (v)
banana (v)
blue heaven (v)
lime (v)

CHOCOLATE SPECIALTIES

made with chocolate gelato

chocolate velvet - double choc
spotted frog - choc & mint (v)
chuck berry - choc & strawberry (v)
crazy camel - choc & caramel (v)
jaffa - choc & orange (v)
mocha - choc & espresso (v)

ROWENA SPECIALTIES

just a little bit fancy

sir lamington - choc, strawberry & coconut (v)
morning alfred - double espresso (v)

add malt +50c
alternative milk +1
extra scoop gelato +2

(v) can be made vegan using coconut icecream