



# MENU

SCAN THE QR CODE ON YOUR TABLE  
TO ORDER ONLINE  
OR  
ORDER WITH OUR STAFF AT  
THE COUNTER OUTSIDE

\*ALL OF OUR EGGS ARE FREE-RANGE

## BREAKFAST

**ROSTI STACK** \$23.5  
Sweet potato, zucchini, potato and sweet corn rostis served w/ house salad, hummus and a poached egg

**HONEYCOMB FRENCH TOAST** \$20.0  
Brioche French toast with caramelised banana, berries, honeycomb & vanilla ice cream served with maple syrup

**ULTIMATE MUSHROOMS** \$23.5  
Roasted king, oyster and portobello mushrooms with roasted garlic spread on toasted multigrain sourdough served w/ balsamic glaze, pepitas and sesame gomasio topped w/ truffle oil

**AVO FAN** \$22.5  
Sliced avocado, roasted tomatoes, fresh herbs, radish, tajin spice, cashew cheese on a slice of toasted multigrain

## EGGS

**ARMORY EGGS BENNE** \$18.5  
Toasted English muffin topped w/ fresh spinach, 2 free range poached eggs & hollandaise sauce. Add on:  
Smoked Salmon \$6.0 Portobello mushrooms \$5.0  
Bacon \$6.0 Ham \$5.0

**CHILLI CRAB SCRAMBLE CROISSANT** \$25.5  
Crab meat scrambled eggs served with sriracha mayo, pickled chilli, prawn crackers, crispy shallot and fresh coriander on a toasted croissant

**BREAKFAST WRAP** \$16.5  
Scrambled eggs, ham, tomatoes, spinach, aioli and cheese wrapped in a toasted tortilla

**BLT** \$18.0  
Bacon, lettuce, tomatoes and aioli on toasted sourdough topped with freshly grated parmesan  
\* Make me a BLAT, add avocado \$5

**EGGS YOUR WAY** \$15.0  
2 free range eggs (poached, fried or scrambled) served w/ toasted sourdough  
- add some sides to DIY a big breakfast plate

## SIDES

Bacon \$6 | Smoked Salmon \$6  
Avocado \$5 | Ham \$5  
Hash Brown \$4 | Spinach \$4  
Eggs / \*poached (2) / \*fried (2) \$5  
Eggs / \*scrambled \$6 | Portobello mushrooms \$5

## BURGERS

**MIGHTY ANGUS BURGER** \$23.0  
Angus beef patty, lettuce, tomatoes, pickled cucumber, aioli and american cheese on a toasted milk bun served w/ seasoned fries

**VEGO BURGER** \$22.0  
Smashed avocado, veggie patty (sweet potato, potato, zucchini and sweet corn), lettuce, pickled cucumber and american cheese on a milk bun served w/ seasoned fries

**SFC BURGER** \$24.0  
Southern fried chicken with sriracha mayo, slaw, pickled zucchini on a toasted milk bun served w/ seasoned fries

-V  
-GFM

-GFM

-V  
-GFM

-V  
-VGM  
-LGFM

## SALAD

**POKE BOWL** \$21.5  
Marinated tofu in maple soy sauce, edamame, slaw, raddish, avocado in sesame dressing served w/ brown rice  
ADD PROTEIN TO YOUR SALAD;

Fried egg \$3.0 | Smoked Salmon \$6.0  
Panko Prawns \$8.0 | Grilled Chicken \$7.5  
**LAMB KOFTAS W/ FATTOUSH SALAD** \$25.0

Lamb koftas w/lettuce, cucumber, radish, herbs, pita croutons w/pomegranate molasses dressing  
**PRAWN TACOS** \$26.0

Two soft tortillas with tempura prawns, slaw, pineapple salsa, sriracha mayo, pickled chilli and coriander

**GRILLED MISO SALMON** \$30.0  
Roasted miso marinated skinless salmon served with soba noodles, carrot, edamame, radish and pickled ginger in sesame dressing

**FISH 'N' CHIPS** \$24.0  
Tempura battered fish with seasoned fries & house salad

**CHILLI PRAWN & CHORIZO LINGUINE** \$30.0  
Grilled prawns, chorizo, spinach, cherry tomatoes w/fresh linguine in a chilli butter topped w/ sriracha caviar & parmesan cheese.

**BROWN BUTTER GNOCCHI** \$25.0  
Potato gnocchi, spinach, mushroom medley, toasted walnuts garlic brown butter sauce w/ parmesan cheese

**SEASONED FRIES** \$9.5  
Served w/ Garlic Aioli

**TRUFFLE FRIES** \$12.0  
Seasoned fries with truffle oil and freshly grated parmesan

**ARANCHINI** \$16.0  
Six arancini balls served w/ sriracha mayo, topped w/ grated parmesan

-VG  
-GF  
\*CONTAINS NUTS

-GFM

-V

-V

-V

-V

### DIETARY KEY

V= VEGETARIAN | GF = GLUTEN FREE | VG = VEGAN | LGFM = LOW GLUTEN FREE W/ MODIFICATION (TRACE GLUTEN MAY STILL BE PRESENT)

VGM = VEGAN W/ MODIFICATION | GFM = GLUTEN FREE W/ MODIFICATION

PLEASE NOTE OUR KITCHEN CLOSSES AT 2PM DAILY

PLEASE ADVISE STAFF OF ANY ALLERGIES/DIETARY REQUIREMENTS

NOT ALL INGREDIENTS ARE LISTED ON THE MENU. OUR KITCHEN CONTAINS NUTS AND SOY

WE MAKE FRESH FOOD NOT FAST FOOD, ALLOW MINIMUM 20-30 MINUTES+ DURING PEAK PERIODS.

ALL ITEMS ARE SUBJECT TO AVAILABILITY AND ARE SUBJECT TO CHANGE WITHOUT NOTICE

5% SURCHARGE APPLIES ON WEEKENDS 15% ON PUBLIC HOLIDAYS

HOT DRINKS

GRINDERS COFFEE	
REGULAR	\$4.8
LARGE	\$5.5
Cappuccino   Latte   Flat White   Long Black	
LOOSE LEAF TEA	\$5.0
English Breakfast   Earl Grey   Green   Peppermint   Chai   Chamomile	
BONDI CHAI LATTE	\$5.0
CADBURY MILK HOT CHOCOLATE	\$5.0
CADBURY MILK MOCHA	\$5.5

EXTRAS

ALTERNATE MILKS	\$1.0
Almond   Soy   Oat   Lactose Free	
FLAVOURED SYRUPS	.70C
Vanilla   Caramel   Hazelnut	
EXTRA SHOT	.70C
Coffee Shot   Decaf	
LARGE / UPSIZE	.70C

ICED

ICED COFFEE	\$8.0
Two coffee shots, milk, ice cream, ice & whipped cream	
ICED CHOCOLATE	\$8.0
Chocolate syrup, milk, ice cream, ice & whipped cream	
ICED LATTE	\$6.5
Two coffee shots, milk & ice	
ICED LONG BLACK	\$6.0
Two coffee shots, water & ice	
ICED MOCHA	\$8.5
One coffee shot, chocolate syrup milk, ice cream, ice & whipped cream	
ICED CHAI LATTE	\$7.0
Chai syrup, milk & ice	

JUICE

COLD PRESSED JUICES	\$8.0
ANTIOX	
Apple, raspberry, passionfruit & rhubarb	
ENERGISE	
Pineapple, spinach, cucumber, silver beat, lettuce, lime & mint	
IMMUNITY	
Orange, carrot, pineapple, celery, lemon & turmeric	
TROPICAL BLISS	
Orange, mango, passionfruit & lucuma	
PURE ORANGE	
100% Pure Australian valencia oranges	
CLOUDY APPLE	
100% Pure Australian Apples	

COLD

MILKSHAKES	\$7.5
Chocolate   Strawberry   Vanilla   Caramel   Banana   Coffee	

SMOOTHIES	\$9.0 - \$12.0	-DF
PASSION PUNCH = Mango, passionfruit & pineapple		
COCO BERRY = Strawberry, lychee & coconut water		
ACAI = Acai, mixed berries, banana, coconut water & chia seeds		

BOTTLED

SOFT DRINKS	\$4.7
Coke   Coke Zero   Fanta   Sprite	
SODA BOTTLES	\$4.7
Lemon, Lime & Bitters   Ginger Beer	
FUZE ICE TEA	\$4.7
Peach   Lemon   Mango	

ALCOHOL

WINE	GLASS/\$9.5   BOTTLE/\$32.0
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Sauvignon Blanc - Adelaide Hills, SA - 2020 (11.5%)  
Pinot Gris - Mornington Peninsula, NSW - 2019 (12.5%)  
Riesling - Clare valley, SA- 2019 (12%)  
Chardonnay - McLaren Vale, SA - 2019 (13.5%)  
Moscato - Margaret River, WA - 2018 (7%)  
Rosé - Buronga, NSW - 2022 (12%)  
Sparkling - Adelaide Hills, SA - 2019 (14%)  
Pinot Noir - North Canterbury, NZ - 2017 (14%) (BOTTLE ONLY)  
Shiraz - Clare Valley, SA - 2021 (14.5%) (BOTTLE ONLY)

BEER	\$9.0
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Feral Biggie Juice IPA (6%)  
Hahn Premium Light (2.5%)  
Asahi Super Dry Lager (5%)  
Corona (4.5%)  
Pure Blonde (4.2%)  
Great Northern Super Crisp (3.5%)  
James Squire One Fifty Lashes - Pale Ale (4.2%)

CIDER/PREMIX	\$9.0
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Rekorderlig Strawberry & Lime \*Low Sugar (4%)  
Apple Cider James Squire Orchard Crush (4.8%)

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