

BREAKFAST

SPREAD ON TOAST 6

YOUR CHOICE OF SOURDOUGH, RYE, WALNUT & RAISIN, CROISSANT OR GLUTEN FREE (\$2)
VEGEMITE // PEANUT BUTTER // HONEY // NUTELLA // JAM (GFO, VGO, NFO, V)

EGGS ON TOAST 12

SLOW ROASTED TOMATOES (V, DF, NF, GFO)
+ SCRAMBLED EGGS \$1 // POACHED // FRIED

AVO ON TOAST 17

WHIPPED FETA. SUMAC PICKLED ONIONS. DUKKAH. TOASTED PUMPKIN SEED (VGO, GFO)

MUESLI BOWL 18

SEASONAL FRUITS. COCONUT YOGHURT. MIXED BERRY COULIS. (VG)

EGGS BENEDICT 20

POACHED EGGS. SOURDOUGH. HOLLANDAISE. WILTED SPINACH. CHOICE OF: BACON, GARLIC BUTTER MUSHROOMS, HAM OR SALMON. (V, GFO, NF)

ROSTI STACK 22

ROSTI. LOCAL BACON. WILTED SPINACH. CHILLI JAM. POACHED EGGS. (NF, DF)

SAVOURY MINCE ON SOURDOUGH 20

BEEF RAGU. WILTED SPINACH. SRIRACHA. HOLLANDAISE. POACHED EGGS. (GFO, NF)

FRANKIE'S BREAKFAST BOWL 19

MAPLE ROASTED PUMPKIN. GARLIC & HERB BUTTERED MUSHROOMS. AVOCADO. SPINACH. BEETROOT HUMMUS. PUMPKIN SEEDS. (VG, GF)

MUSHROOM & GRUYERE OMELETTE 22

GARLIC & HERB BUTTER MUSHROOM. GRUYERE CHEESE. SPINACH. SOURDOUGH TOAST. (V, GFO, NF)

PROSCIUTTO OMELETTE 22

PROSCIUTTO. SLOW ROASTED TOMATOES. GRUYERE CHEESE. SOURDOUGH TOAST. (GFO, NF)

MOROCCAN EGGS 22

POACHED EGGS. MEDITERRANEAN TOMATO SAUCE. SPINACH. PERSIAN FETA. PICKLED SUMAC ONION. PITA BREAD. (V, NF)

THE BIG GEORGE 28

EGGS YOUR WAY. POTATO ROSTI. BACON. GARLIC BUTTERED MUSHROOMS. SLOW ROASTED TOMATO. CHARRED HALLOUMI. SPINACH. GRILLED CHORIZO SAUSAGE. MOROCCAN SAUCE. (GFO, NF)

SIDES

GRILLED HALOUMI // BACON \$5
AVOCADO // MUSHROOMS // CHORIZO \$4
POACHED OR FRIED EGG (1 EGG) \$3
SIDE SCRAMBLED EGGS (DF) \$6
SMOKED SALMON \$6
POTATO ROSTI \$5
GRILLED TOMATO \$2
GLUTEN FREE BREAD \$3

VG = VEGAN V = VEGETARIAN DF = DAIRY FREE GF =
GLUTEN FREE NF = NUT FREE O = OPTION

QUICK TO GO

BANANA BREAD 6

SERVED TOASTED WITH BUTTER

SPREAD ON TOAST 6

YOUR CHOICE OF SOURDOUGH, RYE OR GLUTEN FREE (\$2)
VEGEMITE // PEANUT BUTTER // HONEY // NUTELLA // JAM (GFO, VGO, NFO, V)

BREAKFAST WRAP 12

BACON OR HALLOUMI. SCRAMBELLED EGG. CHEESE. TOMATO CHUTNEY. SPINACH. (NF, VO)

BREAKFAST BURGER 12

BRIOCHE BUN. BACON OR HALLOUMI. FRIED EGG. CHEESE. TOMATO CHUTNEY. SPINACH. (NF, VO)

PROSCIUTTO & CHEESE CROISSANT 10

PROSCIUTTO. CHEESE. BUTTER CROISSANT. (NF, VO)

HAM & CHEESE TOASTIE 9

HAM. CHEESE. BUTTERED SOURDOUGH. (NF, VO)

EGGS ON TOAST 12

WITH GARLIC AND HERB ROASTED TOMATO (V, DF, NF, GFO)
+ SCRAMBLED EGGS \$1 // POACHED // FRIED

AVO ON TOAST 17

WHIPPED PERSIAN FETA. HERB OIL. SUMAC PICKLED ONIONS. DUKKAH. TOASTED PUMPKIN SEED
(V, VGO, GFO)

MUESLI BOWL 18

SEASONAL FRUITS. COCONUT YOGHURT. MIXED BERRY COULIS. (VG)

VG = VEGAN V = VEGETARIAN DF = DAIRY FREE GF =
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DRINKS

COFFEE

SHORT MACCHIATO // ESPRESSO - \$4
DOPPIO // LONG MACCHIATO // PICCOLO - \$4.5
FLAT WHITE // CAPPUCCINO // LATTE - \$5 / 5.5
MOCHA \$6.5 / 7
LONG BLACK // BATCH BREW \$5 / 5.5

HOT DRINKS

HEIRLOOM HOT CHOCOLATE \$6 / 6.5
CHAI LATTE \$5 / 5.5
DIRTY CHAI \$5.5 / 6
TEA \$5.5 / \$6
ENGLISH BREAKFAST // EARL GREY // GREEN TEA //
MARSALA CHAI // CHAMOMILE // PEPPERMINT
BABYCINO \$3.5
SERVED WITH HEIRLOOM CHOCOLATE AND A
MARSHMALLOW

ICED DRINKS

ICED LATTE - \$5.5 / 6
ICED COFFEE - \$7 / 7.5
SERVED WITH CREAM AND ICE CREAM
ICED LONG BLACK \$5 / 5.5
COLD BREW - \$5.5 / 6
ICED MOCHA - \$7.5 / 8
SERVED WITH CREAM AND ICE CREAM
ICED CHOCOLATE - \$7.5 / 8
SERVED WITH CREAM AND ICE CREAM
ICED CHAI - \$5.5 / 6
ICED DIRTY CHAI - \$6 / 6.5

SUPERFOOD SMOOTHIES 10

REBOOT

MANGO, PINEAPPLE, BANANA & PASSIONFRUIT

BOOSTER

BANANA, MANGO, SPINACH & LIME JUICE

VITALITY

STRAWBERRIES, MANGO, RASPBERRY & GOJI BERRIES

ACAI ACTIVE

ACAI, BLUEBERRIES, BANANA & DATES

HRVST JUICE 6

RUBY TUESDAY

WATERMELON, PEAR & MORE

CLOUDY APPLE

100% COLD PRESSED APPLE

ORIGINAL ORANGE

100% COLD PRESSED ORANGE

LITTLE GREEN

PEAR, KALE, SPINACH, CUCUMBER & MORE

BLOOD BANK

BEETROOT & APPLE

MORE

ALT MILK OPTIONS \$0.50

OAT // HAPPY SOY BOY // LACTOSE FREE //

ALMOND

COFFEE OPTIONS \$0.50

EXTRA SHOT // DECAF // SINGLE ORIGIN

SYRUPS \$0.50

VANILLA // CARAMEL // HAZELNUT

EXTRA HEIRLOOM CHOCOLATE \$2

MILK CHOCOLATE // DARK CHOCOLATE (VG)

STARTERS

DIPS

10 EACH OR 3 FOR 25

HUMMUS

PITA BREAD. HERB OIL. SPICED CHICKPEAS. (VG, NF, GFO)

TZATZIKI

PITA BREAD. (NF, V, GFO)

TARAMASALATA

PITA BREAD. CHARRED LEMON. EXTRA VIRGIN OLIVE OIL. PARSLEY. (NF, DF, GFO)

WHIPPED FETA

WHIPPED FETA & HONEY. POMEGRANATE SEEDS. ROASTED FIG. PITA BREAD. (V, NF, GFO)

PATATAS BRAVAS 12

CRISPY TWICE FRIED POTATOES. SPICED MEDITERRANEAN SAUCE. ROASTED GARLIC AIOLI. PARSLEY

(NF, GF, VG)

FRIES 7

SERVED WITH AIOLI (NF, GF)

UPGRADE TO PARMESAN TRUFFLE FRIES +4

LAMB KOFTA 14

WITH TZATZIKI (NF)

CHARRED OCTOPUS 23

TZATZIKI. SALSA VERDE. SUMAC PICKLED ONIONS. (NF, GF)

VG = VEGAN V = VEGETARIAN DF = DAIRY FREE
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LUNCH

YIROS

SUMAC PICKLED RED ONION. TZATZIKI. TOMATO.

FRIES. FETA. (NF, VO, VGO, GFO)

YOUR CHOICE OF SAUCE.

LAMB 16

CHARRED CHICKEN 14

HALLOUMI & PEPPER (VO) 14

MUSHROOM & PEPPER(VG) 14

YIROS BOWL

PICKLED SUMAC ONION. TZATZIKI. TOMATO. FETA.

TABBOULEH. COUSCOUS. (NF, GF, VGO)

YOUR CHOICE OF SAUCE.

LAMB 16

CHARRED CHICKEN 14

HALLOUMI & PEPPER (VO) 14

MUSHROOM & PEPPER(VG) 14

SNACK PACK

FRIES. YOUR CHOICE OF SAUCE. (NF, GF)

LAMB 18

CHARRED CHICKEN 16

SAUCES

HUMMUS

AIOLI

BBQ

TOMATO

CHILLI

EXTRAS +2

TABBOULEH

PICKLED CUCUMBER

FETA

LASAGNA 24

BEEF RAGU LASAGNA SERVED WITH SALAD (NF)

GNOCCI 18

PAPRIKA SPICED TOMATO SAUCE. CHORIZO. SPINACH. PARMESAN (NF)

CAESAR SALAD 16

COS LETTUCE. PARMESAN CAESAR DRESSING. EGG. BACON. (NF, VO, GFO)

CHARRED CHICKEN +6

PANZANELLA SALAD 16

TOMATO. CUCUMBER. RED ONION. BASIL. CAPERS. SOURDOUGH CROUTS. RED WINE VINAIGRETTE.

(NF, VG)

CHARRED CHICKEN +6

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