



GRAIN

Gluten Free Breakfast And Lunch Items

Fresh organic fruit (48)

Bowl for 1 person. (v)(g)

Mango Bowl (72)

Served with chia seeds, rolled oats and almonds. (v) (g*)

Smoothie Bowl (79)

(Choose from Pitaya, Mango & Pineapple OR Banana & Kiwi OR Avocado, Banana and Kale) your choice of local frozen fruits blended with coconut water and topped with freshly sliced tropical fruits, goji berries, grated coconut, pepita seeds, granola, and served with honey on the side.

ADD Chia to your smoothie bowl! Just ask our friendly staff. (g*)

Organic fruit and granola glass (66)

Layered with shaved coconut, yoghurt and java honey. (v)(g*)

Toast (40)

With your choice of sliced tomato OR peanut butter and jam.

Asian Style Omelette (79)

Sauteed shitake mushroom, smoked salmon with blanched green beans, kacang kapri, garlic and ginger topped with an Asian slaw and a light vietnamese dressing. (g)

Smashed Avocado (85)

On sourdough, served with semi dried tomatoes, house marinated feta, shaved Spanish onion, sweet basil and rocket salad. (v)(g*)

Warm Green Breakfast Bowl (79)

Warm salad of quinoa, garlic, almonds, kale, haloumi, topped with a pan fried soft boiled egg. (g*)

Bubur Ayam (69)

Indonesian breakfast rice porridge with leek, garlic, ayam siset, rice, soft boil egg and bawang goreng. (g*)

Banana on toast (68)

with peanut butter, fresh local organic banana, cinnamon infused ricotta, and honey. (v)(g*)

Farm eggs any style (58)

Served with Farmers thick cut grain toast or sourdough with butter, free range eggs, any way you like.

Choose from a selection of sides below (v)(g*) add smashed avocado (20)

Bali benedict (95)

Toasted English style muffins layered with, swiss cheese, wilted spinach, two poached eggs and house made hollandaise sauce. Choose from Tasmanian smoked salmon (95) or ham (89). (g*)

Carrot and beetroot hash (85)

Served with three poached eggs and picked fresh basil. (v)(g)

Breakfast board (95)

An assortment of poached eggs, avocado, marinated feta, seasoned tomato, bacon, marinated olives pesto, sourdough, rosti. (g*)

Grilled prawn and watermelon (89)

With tofu, cucumber, radish and nam jim dressing. (g)

Crispy rice ball and curry fish salad (87)

Warm salad with shredded Asian greens bean sprouts. (g)

Chargrilled Vegetable Salad (84)

Chargrilled zucchini, asparagus, capsicum & button mushrooms, sauté baby potato, water spinach, cheese, olive oil & white wine vinegar dressing. (v)(g)

Super human salad (107)

Avocados, broccoli, red rice, pepita seeds, dried cranberries, boiled egg, grilled salmon, kale, kiwifruit, mixed with a chili, caramel dressing. (g)

Caesar salad (98)

Cos lettuce, crispy bacon, garlic croutons, shaved parmesan, aioli, anchovies, grilled free range chicken and a poached egg. (g*)

Poke Bowl (85)

Fresh raw tuna or salmon served on bed of rice with organic vegetables, salted edamame, finely sliced pickled ginger, fried nori roll and japanase dressing. (g*)

Nacho's (95)

Beef chili beans mix, guacamole & sour cream. (vegetarian option available) (g)