

FAMISH'D

SINCE 2010

BREAKFAST

TOAST 5.5

2 slices with your choice of spread

FRUIT TOAST 6

Vine fruit toast, bursting with currants, sultanas and raisins

MUESLI & YOGHURT 8

House made muesli layered with creamy low-fat yoghurt

PORRIDGE 6

Made to order - ask staff for toppings

CHIA PUDDING 5.5

Oats, chia seeds, almond milk, coconut milk, coconut, honey, cinnamon, berries

BIRCHER 8

Rolled oats, apple, low-fat yoghurt, apple juice, sunflower seeds, cranberries, sultanas, pepitas, cinnamon

BREKKY SALAD 12.5

Spinach, almonds, quinoa, fetta, cranberries, avocado, eggs, white wine vinaigrette

BIG BREKKY TOASTIES 9.8

GOOD OL' H,C, T

Seeded mustard, ham, cheese, tomato

I NEED BACON & EGGS

Egg and mayo mix, topped with cheese and bacon

SMASH'D AVO

Avo & lemon mash, topped with fetta

MUSHY MADNESS

Basil pesto, mushrooms, pecorino cheese

I LIKE IT HOT

Tomatoes, jalapeños, avocado, cheese

LUNCH - SALADS & SPUDS

DESIGN YOUR OWN 12.5

Select a Salad, Spud or Sweet Potato Base Snack \$10
salad only

Select 5 House ingredients

Add a protein? (+2.5)

Select 1 of our famous dressings (salads), salsa or sweet chilli sauce (spuds)

SUPER SALADS 14

BEETILICIOUS

Spinach, beetroot, fetta, chickpeas, bean shoots, sunflower seeds, currants, Dijon Balsamic

KEEN YOU ARE

Spinach, quinoa, currants, Pumpkin, Spanish onion, pepitas, pulled beef, Thai Lime

MEXICAN FIESTA

Mixed leaf, tomatoes, bean mix, corn, jalapeños, Spanish onion, corn chips, pulled beef, Mayo & Tomato Harvest

SMASHING PUMPKINS

Spinach, broccoli, pumpkin, spring onions, pepitas, crunchy noodles, currants, fetta, Crush'd Peanut

OLIVE GROVE

Pesto pasta, olives, fetta, Spanish onion, spinach, chicken, Mayo and Dijon Balsamic

SUPER SPUDS/ SWEET SPUDS

STRAIGHT UP 14/15

Cheese, corn, coleslaw, spring onions, sour cream, salsa, avocado

MEXICALI ROSE

Cheese, corn, jalapeños, mixed beans, corn chips, sour cream, salsa, bacon

HAPPENIN' HAWAIIAN

Cheese, corn, pineapple, beetroot, sour cream, sweet chilli, ham

MEDITERANEAN MANIA

Roasted capsicum, olives, artichokes, Spanish onion, sour cream, fetta, salsa

HEALTHY TOUCH

Spinach, carrot, corn, tomato, beetroot, spring onion, sweet chilli, avocado