

Menu

Mediterranean Salad 20

Cos and Iceberg Lettuce, Tomato, Cucumber,
Spanish Onion, Greek Fetta, Marinated
Capsicum, Olives, Oregano, Toasted Pine Nuts,
Extra Virgin Olive Oil

ADD: Grilled Marinated Chicken \$6
Gravlax Salmon \$7
Smoked Trout \$8

Caesar Salad 20

Cos Lettuce, Crispy Bacon, Boiled Egg,
Croutons, House Caesar Dressing with Anchovy

ADD: Grilled Marinated Chicken \$6

Summer Salad 22

Roquet and Baby Spinach, Beetroot, Nutmeg
Roasted Sweet Potato, Spanish Onion, Goats
Cheese, Crushed Walnuts, Orange Vinaigrette

ADD: Grilled Marinated Chicken \$6
Gravlax Salmon \$7
Smoked Trout \$8

Trout Niçoise Salad 26

Award Winning Smoked Trout, Baby Cos,
Smashed Chat Potatoes, Olives, Green Beans,
Cherry Tomato's, Spanish Onions, Boiled Egg,
Extra Virgin Olive Oil

Steak Sandwich 20

Riverina Grain Fed Scotch Fillet, Oak Lettuce,
Fresh Tomato, Culture chutney, Caramelised
Onion, Chipotle Aioli, Toasted Sourdough
& Shoestring Fries

Chicken Burger 19

Marinated Grilled Chicken, Pickled Slaw,
Avocado, Grilled Halloumi, Dijonnaise,
& Shoestring Fries

Cheese Burger 18

Angus Beef Pattie, Double Cheddar Cheese,
Pickles, Lettuce, Tomato, Fried Onions
& Shoestring fries

B.L.A.T 18

Double Free Range Bacon, Lettuce,
Avocado, Tomato, Toasted Turkish Roll
& Shoestring Fries

Miso Trout Bowl 26

Award Winning Smoked Trout, Steamed Brown
Rice, Steamed Kale, Sliced Avocado, Wedge
Lemon, House Made Miso Dressing

Nourish Bowl 20

Poached Egg, Roasted Pumpkin, Cauliflower,
Roast Capsicum, Broccoli, Steamed Kale, Spicy
Green Tahini

ADD: Avocado \$5
Grilled Marinated Chicken \$6
Gravlax Salmon \$7

We Have a Selection of Sandwiches, Toasties and Salads to
Eat in or Take Away
On Display in The Deli Cabinet

Scan Our



QR CODE

2028

Menu

Toast Plate w Butter 7.5

Your choice of Sourdough, Fruit Toast, Soy Quinoa, Sourdough Rye.

Add: Strawberry Jam, Marmalade, Peanut Butter, Vegemite

Paleo Granola 15

Certified Organic Granola, Fresh Coconut Yoghurt, Fresh Seasonal Fruits topped with Toasted Pistachios

Ricotta Hotcakes 19

Lime Zest Ricotta, Honeycomb Butter, Caramelised Banana, Fresh Berries

Egg & Bacon Roll 14

Lake Macquarie Free Range Eggs, Free Range Bacon, House made Hash brown, BBQ Sauce, Brioche Roll

Egg White Omelette 22

Fluffy Lake Macquarie Egg White's, Oven Roasted Field Mushrooms, Sliced Haas Avocado, Freekeh, Medley Tomato's

Avo Fetta Toast 16

Smashed Avo, Persian Fetta, Heirloom Tomato, Toasted Seeds on Quinoa Soy

ADD: Poached Eggs \$6
Bacon \$6
Gravlax Salmon \$7

Breakfast Brioche Roll 16

Fried eggs, Double Bacon, Cheddar Cheese, Lettuce, Smoked Chutney, BBQ sauce

Eggs Your Way.

Lake Macquarie Free Range Eggs 14

TOAST:

Sourdough, Sourdough Rye, Quinoa Soy

EGGS:

Poached, Fried, Scrambled

EXTRAS:

Avocado, Portabella Mushrooms, Potato Hash Browns, Ricotta, Steamed Baby Spinach \$5
Free Range Bacon, Grilled Haloumi \$6
Gravlax Salmon \$7
Cold Smoked Trout \$8

Culture Benedict 19

Poached Eggs, Wilted Spinach, Bearnaise, House Made English Muffins

ADD: Free Range Bacon \$6
Gravlax Salmon \$7

Breakfast Bowl 22

Poached Eggs, Grilled Haloumi, Spinach, Mushrooms, Avocado, Roasted Pumpkin, Eggplant, Cherry Tomatoes, Green Goddess Tahini Dressing

ADD: Free Range Bacon \$6
Gravlax Salmon \$7

Zucchini, Kale Fritters Stack 21

Avocado and Tomato Salad, Portobello Mushrooms, Mint Yoghurt, Spicy Green Tahini

ADD: Free Range Bacon \$6



Menu

COFFEE

4

Flat White, Cappuccino, Latte, Piccolo,
Macchiato,
Long Black, Espresso, Ristretto
Large, Extra shot .50
Mocha .50
Decaf .70
Hazelnut, Vanilla, Caramel .70

TEAS

5

TOTALER LOOSE LEAF

English Breakfast

Premium Orthodox English Breakfast Tea from Assan

French Earl Grey

China Black, Hibiscus, Roses, Blue Corn, Marigold, Bergamot

Coconut Lemon Splice

Australian Grown Sencha, Lemon Myrtle, Coconut

Organic Unwind

Lemongrass, Passion Flower, Peppermint, Lavender, Lemon Myrtle

Organic Ginseng Gin

Siberian Ginseng, Juniper, Lemon Myrtle, Calendula, Blue Corn Flower

Foraging for Berries

Rosehip, Hibiscus, Strawberry, Blackberry

Punjabi Chai

From the of North Indian St Tea Cha-Y

Chamomile Relax

Egyptian Chamomile Peppermint Flowers

MILKS

.70

Full Cream, Skim, Bon Soy, Milk Lab
Almond,
Oatly Oat, Milk Lab Coconut, Milk Lab
Macadamia,
Milk Lab Lactose Free

Chai Latte by PRANA 6.5

Organic Sticky Chai,
Spices, Pure Honey
Brewed with Soy or your milk
of choice

Matcha Latte 5

Fine Organic Green Tea, Honey,
Coconut Milk

Turmeric Latte 5

A blend of Turmeric, Honey, Coconut Oil,
Coconut Milk

Tea and Cacao *Culture*

Special 6.5

French Earl Grey infused with Dark
Cacao and Almond Milk

Chilli Hot Chocolate 6

by CEREMONY

100% ORGANIC & VEGAN

Peruvian Cacao, Coconut Sugar, Maca Powder,
Cinnamon, Cayenne Pepper, Celtic Sea Salt

Hot Chocolate 4

Cacao & Rapadura Sugar

JUICES

10

Ultimate Energiser

Orange, Apple, Watermelon,

Green Love

Cucumber, Celery, Apple

Super Immune support

Celery, Turmeric, Ginger, Apple, Orange, Lemon

Blood Purifier

Beetroot, Celery, Carrot, Cucumber, Lemon, Ginger

Vision

Carrot, Orange, Ginger, Turmeric

OTHER DRINKS

Milkshake

Chocolate, Strawberry, Vanilla 7
with Vanilla Bean Ice Cream

Frappe Coffee, Mango,

Mixed Berry 8

Iced Coffee or Chocolate 8
with Ice Cream

Iced Latte / Long Black 7

BABYCINO 1.5