brekky (8am til 3pm)

baked yoghurt 22.0 nuts v
housemade granola, oven baked honey yoghurt, pear, mixed berry compote

mediterranean bowl 24.0 v nuts
zucchini puffs, hummus, spinach, quinoa, cherry tomato, avo, cucumber, two poached eggs and dukkha w mint yoghurt

mushroom medley 24.0 v gfa 4.0
medley of mushrooms served on toasted sourdough with pesto, whipped fetta, rocket, 2 poached eggs and pomme glaze

franks brekky 29.0 gfa 4.0
bacon, chorizo, halloumi, hash brown, mushrooms, roast tom, 2 fried eggs, toast

apple hotcakes 24.0 v nuts
baked ricotta apple hotcakes w cinnamon anglaise and pecan crumble w ice cream

brisket taco 24.0
smoked brisket, beans, fried eggs, spinach fresh avocado, sour cream & chipotle mayo on soft tacos

fritters 25.0 v gf nuts
zucchini, corn & halloumi fritters w beetroot relish, asparagus, blistered toms, rocket, avo, poached egg, dukkah

smashed avo 22.0 v nuts gfa 4.0
avocado on sourdough, blistered tomatoes, beetroot relish, roast pumpkin, fetta, topped w/ dukkha

salmon bagel 20.0 gfa 4.0
smoked salmon, whipped fetta, rocket, pickled onion, fried capers on a toasted bagel

eggs benedict 22.0 v gfa 4.0
country style white toast, hashbrown, spinach, house made hollandaise ham/bacon **24.0** smoked salmon/pulled pork **26.0**

sausage and egg burger 22.0 gfa 4.0
2 sausage patties, 2 fried eggs, hash brown, cheese, tomato sauce, chipotle aioli

egg & bacon roll 15.0 gfa 4.0
double egg and bacon w a hash brown & choice of bbq/tomato/garlic aioli/hot chili, beetroot relish

brekky wrap 17.0
brekky sausage, 2 fried eggs, beetroot relish, avo, haloumi, spinach, onion, choice of sauce (see roll)

free range eggs on toast 15.0 gfa 4.0
poached, scrambled or fried on choice of country style white or sourdough **(add any sides)**

blt 16.0 gfa 4.0
bacon, lettuce, tomato, aioli, tomato relish on toasted bagel, add avo 2.0 add egg 2.0

gf – gluten free
gfa – gluten free available

smoked

v – vego
15% surcharge on public holidays

lunch (8am til 3pm)

burgers

all burgers are served with chips

brisket burger 29.0 gfa 4.0
beef brisket, crispy coleslaw, american cheese, pickles, chipotle aioli

grilled chicken burger 27.0 gfa 4.0
grilled chicken, avo, tomato, rocket, provolone cheese, pineapple, mustard

fish tacos 26.0 m
crispy beer battered barramundi fillets, avocado, corn salsa, pickled onion, oak lettuce, sour cream

beef burger with the lot 28.0 gfa 4.0
beef patty, house made pickles, oak lettuce, cheese, tomato, bacon, pineapple, beetroot relish, bbq sauce, garlic aioli

pulled pork burger 27.0 gfa 4.0
smoked pulled pork, pear coleslaw, aioli, pickled onion, pork crackle, bbq sauce

fried chicken burger 26.0 gfa 4.0
crispy fried chicken breast w bacon, coleslaw, cheese, sweet chili aioli

veggie burger 26.0 v gfa 4.0
zucchini, corn & halloumi fritters, roast pumpkin, oak lettuce, tomato, beetroot relish and hummus

toasties 16.0 gfa 4.0
choice of ham, chicken or pepperoni. add tomato and cheese w chips or hashbrown

mains

chicken schnitzel 32.0 | parmi 34.0
panko crumbed schnitzel w choice of chips, salad or veg, choice of gravy/pepper/diane/ mushroom

prawn linguine 35.0 m
prawn & chorizo in aglio e olio sauce w/ cherry toms, rocket & fresh chilli, topped w/ fetta

nasi goreng 32.0 gf m
prawns, bacon, chicken, rice, topped w a fried egg & crispy shallot, in a nasi sauce

fish and chips 28.0 m
frankies own lifting fog battered barramundi fillets, chips, w garden salad

salads

grilled chicken salad 32.0 gf
pesto crusted chicken breast, rocket, pear, parmesan, onion, sdt, pine nuts, fetta, mango dressing

fish bowl 34.0 gfa a
lemon & parsley salmon bites, avo, carrot, red cabbage, cucumber, seaweed, rice & roast sesame dressing

lamb salad 32.0
braised lamb, hummus, quinoa. rocket, fetta, sdt, croutons, mint yoghurt
(make it vego - sub lamb for zucchini puffs)

gf – gluten free
gfa – gluten free available

smoked

v – vego
15% surcharge on public holidays