

BREAKFAST & BRUNCH

FRESH JUICES		BREAKFAST		MELTS & ROLLS	
Orange Juice	8.5	Big Breakfast		Mushroom Melt	
Morning Glory apple, carrot, orange, ginger	10.5	two poached eggs, bacon, hash browns, mushrooms, roasted tomato, sourdough toast	25	caramelised onion, aioli, mushroom & grilled cheese, on sourdough toast, side salad	16
Power Juice apple, carrot, beetroot, celery, ginger	11	Veggie Breakfast		Ham Cheese Tomato Melt	
		smashed avocado, spinach, butter & thyme mushrooms, Persian feta, poached eggs, sourdough toast	25	leg ham, tomato, aioli, cheese on sourdough toast, side salad	17.5
SMOOTHIES				Brekkie Roll	
Bananarama banana, honey, yoghurt, malt	10.5	Upstream scrambled eggs, smoked salmon, smashed avocado, sourdough toast	25	brioche bun, egg, caramelised onion, bacon, cheese, homemade bbq sauce	14.5
Strawberrylicious fresh strawberry, yoghurt	10.5			PANCAKES	
Very Berry mixed berries, cranberry juice, yoghurt	10.5	Shakshuka with Feta eggs baked in a spicy tomato, red pepper and onion sauce. With fresh herbs, creamy feta cheese, toasted pita bread (v)	23	Pancakes with The Lot buttermilk pancakes with fried eggs, crispy bacon, hash browns and maple syrup	25
Dairy Free Banana, Apple Strawberry with maple syrup	10.5	Tomato, ham and cheese open omelette sourdough toast	19.5	Apple Crumble Pancakes topped with apple, streusel crumble, lemon cream and vanilla ice cream	19
EGGS YOUR WAY					
Fried, Poached or Scrambled Eggs on sourdough toast with relish	11	Potato, French onion, Persian feta, omelette sourdough toast (v)	19.5		
<i>Gluten free and Grain bread available</i>		Vanilla Porridge sweet cinnamon poached apples, creamy oatmeal, almonds	17		
BREAKFAST ADD ONS		ULTIMATE TOAST TOPPERS			
Bacon	5	Classic Avo smashed avocado, baby tomatoes, Persian feta, pepitas, sourdough toast	19.5		
Baked Beans (v/gf)	6	Chilli Bacon Scramble red chilli, julienne bacon, spring onion, parsley, parmesan, toast	19.5		
Butter-thyme mushrooms (v/gf)	4.5	Chorizo Egg Scramble potato, onion, cheese, chorizo sausage and herbs, sourdough toast	19.5		
Crushed Avocado	5				
Grilled Haloumi (v)	5				
Herb Roasted Tomatoes (v/gf)	4				
Spicy Chorizo Sausage (gf)	6				
Wilted Spinach (v/gf)	4.5				