



BREAKFAST & BRUNCH

BREAKFAST WITH EGGS

Smashed Avocado
poached egg, Persian feta, 22
thyme mushrooms, grain toast

Upstream scrambled eggs, 23
smoked salmon, smashed
avocado, grain toast

Ham, cheese and tomato 19.5
open omelette sourdough toast

Potato, French onion,
Persian feta, omelette (v) 19.5
sourdough toast

Big Breakfast scrambled eggs, 24
bacon, hash browns,
mushrooms, roast tomato,
sourdough toast

Shakshuka with Feta
baked eggs surrounded by a 22
spicy tomato-red pepper sauce
with crisp onion, fresh herbs
and creamy feta cheese, toasted
pita bread (v)

BENEDICT STYLE

Ham Benedict poached eggs 19.5
over ham, sautéed spinach and
buttered toasted English muffin,
topped with creamy Hollandaise
sauce

Salmon Benedict poached 19.5
eggs over smoked salmon,
avocado, cherry tomato and
buttered toasted English muffin,
topped with creamy Hollandaise

ULTIMATE TOAST TOPPERS

Classic Avo smashed avocado, 18.5
baby tomatoes, Persian feta,
pepitas, grain toast

Chilli Bacon Scramble red 18.5
chilli, julienne bacon, spring
onion, parsley, parmesan, toast

Chorizo Egg Scramble potato, 19.5
onion, cheese, chorizo sausage
and herbs, toast

SOMETHING SWEETER

Raisin Bread 8
toasted and buttered

Vanilla Porridge 15.5
sweet cinnamon poached
apples, creamy oatmeal,
almonds

Apple Crumble Pancakes 19
topped with apple, streusel
crumble, lemon cream and
vanilla ice cream

Strawberry Buttermilk
Pancakes topped with vanilla 19
ice cream and strawberry sauce

MELTS

Mushroom Melt caramelised 15.5
onion, mushroom & grilled
cheese, on sour dough toast,
side salad

Ham Cheese Tomato Melt 16.5
leg ham, tomato, grilled cheese
on sourdough toast, side salad

LIGHTER MEALS

Roasted Pumpkin Soup 15.5
garnished with cream and a
sprinkle of fresh parsley, served
with a piece of garlic bread (v)

Mushroom Soup rich, 15.5
indulgent, full of earthy flavour,
with a piece of garlic bread (v)

Tuna Salad egg, potato, beans, 19.5
tomato, cucumber, mixed
leaves, balsamic vinaigrette,
and sprinkled with feta

BREAKFAST BURGERS

Brekkie Roll brioche bun, egg, 14
caramelised onion, bacon,
cheese, bbq sauce

Philly Cheesesteak Roll 19.5
brioche, aioli, mushrooms,
caramelised onion, fried egg,
green capsicum, melted cheese

JUICE

Fresh-Squeezed Orange Juice 8.5

Morning Glory fresh mix of 10
apple, carrot, orange, ginger

Power Juice fresh mix of apple, 10
carrot, beetroot, celery, ginger

SMOOTHIES

Bananarama 10.5
banana, honey, yoghurt, malt

Strawberrylicious 10.5
fresh strawberry, yoghurt

Very Berry mixed berries, 10.5
cranberry juice, yoghurt

Dairy Free Banana, Apple
Strawberry with maple syrup 10.5

EGGS YOUR WAY

Fried, Poached or Scrambled
Eggs on toast with relish 11

BREAKFAST ADD ONS

Bacon 5

Chipolata Pork Sausage (2) 5

Mac n Cheese bites (v) 5

Panko crumbed haloumi (v) 5

Spicy Chorizo Sausage (gf) 5

Vegetarian Baked Beans 5
(vegan, gluten free)