Rhubarb Bircher (V, N) 19.0
Rolled oats, vanilla oat milk, yoghurt, roasted seeds, dried fruits, baked compote, sweet dukkah, fresh seasonal fruits, freeze-dried berries

Raspberry and Matcha Crepes (GFO, N) 24.0
Matcha crepes, raspberry mascarpone, candied granola, fresh seasonal fruits, freeze dried berries, matcha sauce

Breakfast Beef Quesadilla 21.5
Fried eggs, spiced beef, spinach, salsa (corn, tomato, beans), housemade cheese sauce, chipotle aioli, crispy shallots in tortilla
+ Bacon 6.0

Vegan Breakfast Burrito (VN, N) 20.5
Scrambled turmeric tofu, spinach, salsa, vegan chipotle aioli, tomato relish, crispy shallots in tortilla
+ Avocado 6.0

Hygienic Breakfast (GFO) 26.0
Eggs, bacon, gruyere rosti, roasted tomatoes, wilted spinach garlic mushrooms, pork and fennel sausage on sourdough toast
**Ask our friendly staff for vego options*

Brisket Benedict Sanga (GFO, N) 24.0
Slow-roasted brisket, sauerkraut, fried egg, rocket, paprika hollandaise, crispy shallots on sourdough
+ Gruyere rosti 6.0

Smashed Avo (V, GFO, N) 21.5
Avocado, lemon, goats feta, chilli granola, balsamic spring herbs and tomatoes, poached egg on a bagel
+ Halloumi 6.0

Chilli Eggs (V, GFO). 20.5
Scrambled eggs, parmesan, capsicum, chilli, spring onion, coriander, vietnamese mint on birdseed toast
+ Bacon 6.0

Mushroom on toast (V, GFO, N) 22.5
Roasted mushrooms, goats feta, dill, parsley, savoury granola, basil pesto, poached egg on birdseed toast
+ Halloumi 6.0

Tofu Scramble (VN, GFO, N) 22.5
Turmeric tofu, spring onion, coriander, chilli, spinach, capsicum, sesame dressing on birdseed toast
+ Avocado 6.0

Girdwood Eggs (V, GFO) 13.5
Eggs your way (Poached, Scrambled, Fried)
+ Gruyere rosti 6.0

Chicken Schnitzel Burger (GFO) 23.5
Crumbed chicken, cheddar, lettuce, tomato, chipotle aioli on brioche bun with a side of chips and aioli or garden salad with balsamic dressing
+ Bacon 6.0

Bliss Bowl (V, GF, N) 21.0
Asparagus, peas, beans, kale, broccoli, zucchini, goats feta, fresh herbs, savoury granola, lettuce, edamame, spring onion, lemon dressing
+ Halloumi 6.0

Ancient Grain Salad (V, N) 22.0
Lentils, buckwheat, quinoa, goats feta, chilli granola, fresh herbs, red onion, cranberry, currants, pomegranate, capers, cumin labneh
+ Grilled Chicken / Halloumi 6.0

Bowl of Chips (Not GF) 11.5
With a side of tomato sauce or aioli

Pepper Bagel (V, GFO) 16.5
Halloumi, spinach, avocado, cream cheese
+ Fried egg 2.5

BLT / HLT (GFO) 16.5
Bacon or Halloumi, lettuce, tomato with aioli on sourdough
+ Avocado 6.0

Grilled 3-Cheese (V, GFO) 11.5
Cheddar, Gruyere, Parmesan on Sourdough
+ Bacon 6.0

Toastie (GFO) 10.0
Ham, cheese, tomato on buttered sourdough

Bread and Spread of your choice 11.0
(All served with a side of salted butter)
Bread: Sourdough / Birdseed / Fruit / Glick's Bagel (Plain, Sesame, Poppy)
Spread: Vegemite / Peanut Butter / Cream Cheese / Honey / Raspberry Jam
Change to GF +2.50

KID'S MENU

Matcha crepe w/ fruits and maple syrup 8.0
Mini ham and cheese toastie 8.0
Mini girdwood egg (1 egg only) 8.0
Smashed avocado on sourdough 8.0

SIDES

Aioli, tomato sauce, chipotle aioli, vegan aioli 1.0

Egg, cheddar, hollandaise, tomato relish, maple syrup, vanilla ice cream 2.5

Mushrooms, wilted spinach, roasted tomatoes goat's feta, fresh fruits, 3-cheese 4.5

Bacon, halloumi, smoked salmon, ½ avocado, Rosti (GF), chicken (grilled or crispy), pork & fennel sausage, beef brisket, side of chips, garden salad 6.0

Please be aware that we are not a 100% gluten-free establishment. Our food may contain or come into contact with common allergens. Please advise our friendly staff of any specific requirements.
V- Vego | VN- Vegan | GF- Gluten free | GFO- Gluten free option | DF- Dairy free | N- Contains nuts VO- Vego option | VNO- Vegan option

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COFFEE - TEA - SOFTIES

BATCH BREW FILTER COFFEE

Single origin	7.0
Single origin cold drip	6.0

NIGHT VISION BLEND BY REVERENCE

Coffee Black	4.5
Coffee Milk	4.7 /5.2
Magic	5.2
Iced latte	6.0
Hot Chocolate	4.7 / 5.5
Chai latte	5.7 / 6.2
Matcha	5.7 / 6.2
Turmeric latte	5.7 / 6.2

+ Alternative milk 1.0
(Soy, Almond, Oat, Coconut or Lactose-free)
+ Flavours 0.8
(Vanilla, Hazelnut or Caramel)

Tea supplied by TEA DROP

BLACK / English Breakfast, Earl Grey	4.7
GREEN / Jasmine, Sencha	4.7
HERBAL / Lemongrass & Ginger Peppermint, Chamomile	4.7

LONDON FOG 6.0
Earl Grey steamed with milk and vanilla syrup, topped with cinnamon

SOFTIES

Coke, Coke zero, Lemonade	4.0
Sparkling Water	1.5 /5.5

*(*Ask our friendly staff for flavour options)*

SMOOTHIES

Green Smoothie 9.5
Apple, celery and ginger juice, mango, spinach

Tropical Smoothie 9.5
Fresh orange juice, pineapple juice, mango, passionfruit pulp, ice

Banana & Mango Smoothie 9.5
Banana, mango, vanilla ice-cream, milk

Jungle Smoothie 8.5
Apple, watermelon, lemon, banana, blueberries, and raspberries

FRESHLY SQUEEZED JUICES

FRESH JUICE – YOU CAN MIX YOUR OWN 8.5
Orange, apple, celery, watermelon, lemon, carrot, beetroot, ginger

Sunset 8.5
Fresh orange juice, watermelon, pineapple juice

WATERMELON CRUSH 7.5
Watermelon, pineapple juice, lemon, crushed ice

MILK BAR

Milkshakes 8.5
Chocolate, Strawberry, Vanilla, Caramel

Kid's milkshake 5.0

ICED Chocolate / Mocha / Coffee / Chai 8.0
Served with ice cream and ice

Espresso Frappe 7.5
Double espresso blended with ice cream, ice, milk & your choice of syrup (chocolate, vanilla, hazelnut or caramel)

WINE & BEER

Bloody Mary 16.0
Vodka, tomato juice, lemon, worcestershire, pepper, tabasco, salt, celery

Espresso Martini 17.0
Vodka, kahlua, freshly brewed espresso, sugar syrup

BEER (*Ask our friendly staff for more options)*

Peroni, Italy	7.5
Moon Dog, Preston, VIC	8.5
Stout (award winner), Breheny Bros.	8.0

GINGER BEER (Non- alcoholic) 7.0

Red Wine (De BORTOLI)

Pinot Noir - Yarra Valley 2021	9.5 / 38
Sangiovese- Bella Riva 2023	9.0 / 38

White Wine (De BORTOLI)

Chardonnay- Re- write	9.5 / 42
Sauvignon Blanc- King Valley	9.5 / 42
Rosé – King Valley, Victoria 2024	9.5 / 42

SPARKLING (De BORTOLI)

Rococo Sparkling	9.0 / 42

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