

breakfast



TOASTED BANANA BREAD / caramel butter \$9 (V)

FRUIT TOAST / ricotta, honey \$9 (V)

TOAST / sourdough, croissant or thick cut white with strawberry jam, peanut butter, nutella or vegemite \$8

TOASTED CROISSANT / smoked leg ham, cheddar cheese, slow roasted tomato chutney \$14

AVOCADO ON SOURDOUGH / pine nuts, goats fetta, pumpkin seed dukkah \$18 (GFV, V, vegan variation)

BAGEL / cream cheese \$11 (V) add tasmanian smoked salmon and cornichons \$7

CREPES / lemon curd, berries and vanilla bean ice cream \$18 (V)

HOUSE TOASTED MUESLI / coconut yoghurt, poached pears, passionfruit, gold kiwi, chia, fresh berries, banana \$20 (GF, vegan)

ACAI BOWL / seasonal fruit, chia, banana, coconut chips & house toasted muesli \$20 (GF, vegan) add nutella or peanut butter \$2

FREE RANGE EGGS / scrambled, poached or fried on sourdough with slow roasted tomato chutney \$14 (V, GFV) add bacon \$5

CLASSIC EGG & BACON ROLL / free range eggs, bacon & BBQ sauce on a toasted milk bun \$16 (GFV)

EGGS BENEDICT / bacon or smoked salmon, baby spinach and hollandaise on sourdough bacon \$24 smoked salmon \$26 (GFV)

SHISHITO CHILLI SCRAMBLED EGGS / on sourdough with avocado, spicy green mango coconut yoghurt, fried shallots, sesame & cashew crisp, fresh garden herbs \$22 (V, GFV)
* contains peanuts *

SWEET CORN FRITTERS / almond romesco, avocado, house chilli oil, poached free range eggs \$22 (V) add bacon \$5

LITTLE NEL BREAKFAST BURRITO / flour tortilla, house made chilli scrambled egg, bacon, corn salsa, smashed avocado, baja, chilli salt, salsa roja \$24

LOCAL MEDOWIE MUSHROOMS / sautéed kale, chimichurri, confit garlic, poached free range eggs with sourdough \$24 (V, GFV)

OMELETTE / rodriguez chorizo, goats fetta, spinach, cherry tomatoes with sourdough \$24 (GFV)

extras

hash browns (2) / pork sausage (1) / grilled cherry tomatoes \$4

free range eggs (2) / avocado / sauteed mushrooms / bacon \$5

goats fetta (2) \$6 / tasmanian smoked salmon \$7

gluten free bread supplement \$1

GF = GLUTEN FREE GFV = GLUTEN FREE VARIATION AVAILABLE V = VEGETARIAN

OUR KITCHEN USES ALLERGENICS INCLUDING TREE NUTS, PEANUTS, GLUTEN, EGGS AND DAIRY. WHILE WE MAKE EVERY ATTEMPT TO ACCOMMODATE DIETRY REQUIREMENTS, WE CANNOT GUARANTEE THAT OUR FOOD WILL BE ALLERGEN FREE

* SUNDAY AND PUBLIC HOLIDAY SURCHARGE 10% *

COFFEE

COFFEE BEANS BY PABLO & RUSTY	S	L
CAPPUCCINO // FLAT WHITE // LATTE	\$5	\$6
MOCHA	\$5.5	\$6.5
LONG BLACK (2 SHOTS)	\$4.5	\$5.5
ESPRESSO // MACCHIATO	\$4	
PICCOLO	\$4.5	
HOT CHOCOLATE	\$5	\$6
MATCHA LATTE	\$5	\$6
CHAI LATTE	\$5	\$6
DIRTY CHAI LATTE	\$5.5	\$6.5
bondi chai ginger & spice (vegan)		

SMOOTHIES

MANGO / MIXED BERRY OR BANANA milk, ice cream, honey	\$10
PASH N GO mango, passionfruit, icecream & milk	\$10
SNICKERS peanut butter, chocolate & caramel syrup, icecream & milk	\$10
KICKSTART mixed berries, banana, peanut butter, protein, almond milk	\$12
HONEY JUMBLE banana, honey, peanut butter, protein, almond milk	\$12
add espresso	\$1

FROZEN BLENDS

BERRY CRUSH frozen berries, mango, passionfruit & coconut water	\$10
TROPICAL CRUSH frozen mango, passionfruit, fresh orange & pineapple juice	\$10
GREEN BOOST apple, spinach, banana, mango, coconut water	\$10

FRESHLY SQUEEZED JUICES

APPLE / ORANGE / PINEAPPLE OR WATERMELON	\$8
PASSION BLISS pineapple, watermelon, orange & passionfruit	\$10
VITAMIN A carrot, apple, orange & ginger	\$10
REFRESHER apple, cucumber, pineapple & lemon	\$10

T2 TEA

TEAPOT	\$5
english breakfast / earl grey / french earl grey / chai / peppermint / china jasmine green / lemongrass & ginger	

NITRO COLD BREW

	S	L
cold brewed coffee aerated with nitrogen on tap, served over ice	\$6	\$7

ALTERNATIVES / EXTRAS

	\$0.5
milklab almond / bonsoy / alternative oat extra shot / decaf / vanilla / caramel / hazelnut	

COLD DRINKS

ICED LATTE double shot of coffee poured over ice and milk	\$5	\$6
ICED LONG BLACK double shot of coffee poured over ice and water	\$4.5	\$5.5
ICED CHAI LATTE bondi chai poured over ice and milk	\$5	\$6
ICED MATCHA LATTE powdered green tea served over ice and milk	\$5	\$6
ICED CHOCOLATE / COFFEE OR MOCHA poured over ice topped with ice cream & whipped cream	\$8	
CHOCOLATE / COFFEE OR MOCHA FRAPPE blended with ice cream, ice and milk	\$8	
OLD-FASHIONED MILKSHAKE THICKSHAKE	\$8	\$10
chocolate / caramel / strawberry / vanilla add malt / espresso		\$1

NOAH'S CREATIVE JUICES

served over ice	\$8
PINK coconut water, raspberries, guava, apple, banana and lychee	
ORANGE nectarine, apple, coconut water, pineapple, and lime	
GREEN apple, peach, kiwi, mango and lime	

SOFT DRINK

coke / coke zero / sprite / solo / lemon, lime & bitters	\$4
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SPARKLING WATER

	glass	1L
filtered sparkling port stephens water	\$1.5	\$3

SPARKLING WINE AND CHAMPAGNE (AFTER 10AM)

	G	B
Usher Tinkler Prosecco Hunter Valley, NSW	\$12	\$44
Champagne Abele 1757 Henri Abelé France		\$80