



**MENU HOURS**

**MON-FRI 7.30AM - 2PM**

**SAT 8.30AM - 2PM**

**SUN 9AM - 1.30PM**

# Build a BREAKFAST

Free range eggs on toast ..... 9.50

ADD <span style="float: right;">DF V GF</span>	
<b>\$4.50 ea</b> Creamy Mushrooms Roasted Tomatoes Wilted Spinach Rosemary Potatoes Spicy Beans	<b>\$5.50 ea</b> F/R Streaky Bacon Sausages
<b>\$8.50 ea</b> Salmon Fillet	
Add house-made hollandaise ....\$1.50	

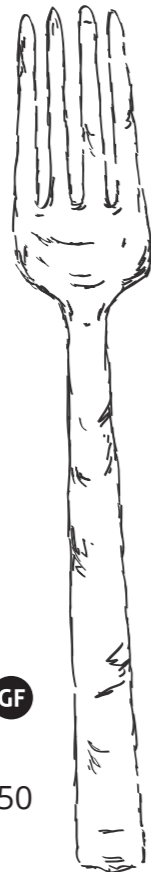
# MAGICAL MUESLI



11.50 DF

House-made honey toasted muesli layered with chunky blueberry compote and greek yoghurt

With coconut yoghurt ..... 13.00



# OMELETTE

DF GF

3 egg omelette ..... 17.50

## CHOICE OF 4 FILLINGS

Tomato Spinach Mushrooms	Feta Onion Bacon OR Salmon
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Served with hollandaise

\*all omelettes have cheese unless specified

# Fish Cakes

19.50

DF GF

Smoked kahawai and kumara cakes on top of a bed of wilted spinach. Finished with two poached eggs and hollandaise.

# TOP-NOTCH TOFU

13.50 DF V GF

Soft tofu scrambled together with vegetables and spices, served on homemade toasted grain and finished with fresh tomato.

# TROPIC DELIGHT

12.50

DF V GF

Sweet and sticky black rice finished with mango, toasted coconut and coconut yoghurt.

# wonderous WAFFLES

14.50

Oatie ginger waffles with orange roasted rhubarb and a vanilla mascapone. Perfect for those with a little sweet tooth.

With bacon ..... 19.50

# BANANAS IN PYJAMAS

GF

9.50

A lightly toasted bagel topped with crunchy peanut butter, home grown honey and slices of banana. A family favourite!

# Ol' Smoky *yeehaw*

Smoked brisket in a french toast rye with swiss cheese. Served on a bed of crunchy slaw. 14.50

# a la BENEDICT

Two free range poached eggs on a crisp bap with homemade hollandaise

## WITH A CHOICE OF GF

F/R Streaky Bacon .....	17.50
Salmon Fillet .....	19.50
Wilted Spinach .....	15.50

# magic MUSHIES

GF 13.50

Creamy balsamic mushrooms lovingly served alongside two pieces of crunchy toasted ciabatta.

With bacon ..... 17.50

# the BIG BOY

14.50 DF

TLC's famous beef and horseradish sausages, free range bacon and fried eggs in a lightly toasted bap.

# breakie BURRITO

DF

13.50

Two 10" tortilla layered with beans, homemade spicy sauce, sour cream, sweet chilli and finished with a poached egg.

## ADD

F/R Streaky Bacon ..... 5.50

# GOODNESS GRACIOUS PORRIDGE

11.50

DF V GF

Cinnamon, sultana and banana porridge cooked to creamy perfection finished with fruit, chopped nuts and your choice of milk or cream.

# BAD ASS BAGEL

11.50

DF GF

Bringing back a favourite, a toasted bagel with crisp bacon, fresh tomato and cream cheese. Served with homemade aioli and basil pesto.