

Breakfast

FULL FARE

BREAKFAST BURRITO – Your choice of sausage, bacon, or black beans with scrambled eggs, pico de gallo salsa, guacamole, jalapeños, hot sauce, sour cream and cheddar 15

OMELETTE (CREATE YOUR OWN, 3 EGGS WITH ARTISAN TOAST) 17.5

PICK ANY 3 OF THE FOLLOWING ITEMS

Cheddar	Bacon	Onion	Spinach
Feta	Sausage	Capsicum	Tomato
Parmesan	Salmon	Mushroom	Olives

EGGS BENEDICT – On English muffin OR Kumara hash (choose either bacon, salmon, OR mushrooms) 16.5

BIG BREAKFAST – 2 Eggs any style, sausage, bacon, mushroom, tomato, potato hash triangles, artisan toast 18.5

LIGHTER OPTIONS

TOASTED BAGEL – With veggie cream cheese (*chef's recommendation) 7.5 add salmon 3

MUESLI – A Multivitamin on steroids, with added quinoa, chia seeds, flaxseed, amaranth, served with fruit compote, yogurt and milk 12.5

WAFFLE – Banana, chocolate chip waffle with salted walnut butter, mascarpone 14

ARTISAN TOAST – With choice of:

Butter and Jam	5
2 Eggs cooked any way	8.5

ADD SIDES TO ANY MEAL 3

Bacon	Sausage	Potato hash
Mushrooms	Spinach	Kumara hash
Tomato	Tater Tots	Salmon
Avocado		

Lunch



SOUPS

- BONE BROTH – Chicken, cardamom, citrus 6
TOMATO BISQUE – Served with side of toast 12.5
NEW ENGLAND SEAFOOD CHOWDER – Served with side of toast 14

SALADS / WRAPS (add cup of soup for 4)

- CLASSIC CAESAR
Poached egg, bacon, parmigiano reggiano, baby cos, house Caesar dressing 14.5 add chicken breast 3
THAI BEEF
Cucumber, tomato, red onion, carrot, capsicum, sprouts, crunchy nut mix, Thai dressing 18
SOUTHWESTERN GRILL
Cos lettuce, corn, black beans, salsa, onion, capsicum, guacamole, cheddar, hot sauce 15.5
Add grilled sirloin or chicken breast 3
CALIFORNIAN
Greens, cheddar, tomato, cucumber, sprouts, guacamole, hummus, pesto sauce 15.5 add chicken breast 3

BURGERS (served with fries or house salad)

- CLASSIC BURGER – Aged cheddar, chiffonade, tomato, pickle, Russian dressing 18
BBQ PULLED PORK – 16 Hour slow roasted in house bbq sauce on torpedo roll with aged cheddar and cider slaw 18
GRILLED CHICKEN – Farm raised chicken with, chiffonade, tomato, wholegrain mustard and capsicum aioli 18
VEGGIE – Made in house, topped with mixed greens, tomato, capsicum aioli and miso sauce 18
EMPIRE BURGER – (Take the challenge!) Triple decker featuring onion rings, bacon, fried egg, and Russian dressing 24

GOURMET MAC & CHEESE – CHEF'S RICH & CREAMY SAUCE VARIETIES MADE TO ORDER 14

- AGED CHEDDAR AND CHORIZO
BRIE & CHIVES
BLUE CHEESE, SMOKED BACON, APPLE & WALNUT
PECORINO & TRUFFLED MUSHROOM
PARMIGIANO REGGIANO, PRAWN & POMODORO

HOUSE SPECIALTIES

- BUDDHA BOWL – Brown rice, chargrilled vegetables, black beans, corn, roasted chicken, kale, miso sauce 12.5
GRILLED CHEESE & TOMATO SOUP – Toasted three cheese blend, sweet basil bisque 14.5
FISH TACOS – Battered fish of the day, mango salsa, cider slaw, guacamole, capsicum sauce (with fries or salad) 16.5
FRESH FRIED CHICKEN
EAST COAST STYLE – Whipped potato mash & thick house gravy 24.5
WEST COAST STYLE – Belgian style waffle drizzled in maple syrup 18.5
MARKET FRESH FISH OF THE DAY CEVICHE – Fresh daily, chiffonade lettuce, mango salsa, beetroot reduction 18
NACHOS – Chillie con carne, aged cheddar, crème fraiche, guacamole, salsa 16.5
BUFFALO CHICKEN WINGS – New York Spicy Buffalo or Mild BBQ Sauce 14.5
FAJITAS – Chicken or ribeye steak, grilled onion & capsicum, black beans, sour cream, salsa, cheddar, guacamole 24.5
TEXAN BABY BACK PORK RIBS – Half rack, smoked, braised and glazed 26.5 Full rack 36.5
Add thick-cut wedges & red cabbage cider slaw 8

House Drinks

FRESH JUICES 7.5

THE ZINGER – Carrot, ginger, apple, and orange
GREEN LIZARD – Spinach, pineapple, orange, banana
PINEAPPLE PLUNGE – Pineapple, orange, mint, lemon
ARNOLD PALMER – ½ Homemade iced tea, ½ American style lemonade
FRESH SQUEEZED ORANGE JUICE

SMOOTHIES 7.5

PRINCESS PEACH – Mango, peach, orange
TROPIC THUNDER – Strawberry, pineapple, orange
BANANA BERRY – Banana, strawberry, orange

MILKSHAKES 7.5

SNICKERS – Chocolate, caramel, peanut butter
ALMOND JOY – Coconut, chocolate, almond milk
BLUE HEAVEN – Blueberry, strawberry, pineapple, yogurt

ADD-ONS 1.5

- CHIA SEEDS
- “VITA BOOST” – Multivitamin powder
- “IMMUNITY BOOST” – Vitamin C & Echinacea
- “ENERGY BOOST” – Ginkgo biloba & ginseng
- “PROTEIN BOOST” – Malt or Protein Powder

SODA

SODA OPTIONS FROM ‘THE GUN’ Lemonade, Cola, Diet cola, Ginger ale or beer, Raspberry, Orange 5
SODA IN A CAN 5
-Dr. Pepper
-A&W Root Beer – Make it a root beer float for 7.5

COFFEE

SHORT/LONG BLACK 3.5
MACCHIATO 3.5
FLAT WHITE/CAPPUCCINO/LATTE 4
HOT CHOCOLATE 4
FLAVOURED LATTE VANILLA, CARAMEL, HAZELNUT, OR CHAI 4.5
MOCHA 4.5
ICED COFFEE 6

TEA

ENGLISH BREAKFAST, EARL GREY, CHAMOMILE, MINT, OR FRUIT TEA 4