

## GRAINS

Market Fruit bowl - Honey & yogurt (v)(g) or dairy free coconut Arla yogurt & maple (vg)	8-
Toasted granola - coconut & fresh berries yogurt & honey or dairy free coconut Arla & maple (vg)(g)(b)	8-
Oatly porridge - quince & maple (vg)	6-
ACAI - Almond cacao, acai, toasted coconut, banana & mixed berries (J)(vg)	6.5

<b>TOAST TOPPERS</b> 2 slices of toasted sourdough (b)(v) Gluten free +1-	2.5
Confit garlic portobello (gf)(vg) 3-	Eggs your way (v)(gf)(d) 3-
Smoked rindless Bacon x 2 (gf) 2.5	Waffle (v)(b) 1.5
Breakfast cumberlands x 1 (gf) 2.5	Chorizo (b) 2.5
Vegan Not Bacon x 4 (vg) 4-	Feta (v)(g) 3-
Vegan scramble (vg)(m) 4-	Smashed Avocado, lime (vg) 4-
Vegan black Pudding (vg)(b) 3.5	Grilled chicken (gf) 4-
Vegan feta (vg)(gf) 3-	Grilled Haloumi (g)(gf) 4-
Black pudding (b) 2.5	Ricotta (v)(g)(gf) 3-
Hash brown x 2 (v)(b) 2-	Pancake x 1 (vg) 1-
Grilled plum tomato, thyme (vg)(gf) 3.2	Hollondaise (i)(b)(g) 1.5

## A CLASSICS

<b>Single Big Breakfast</b>   1 sausage, 1 bacon, A beans, 1 tomato, eggs your way 1 mushroom, sourdough toast (b)(e)(d)(g)(i)(n)	9.5
<b>Big Breakfast</b>   2 sausage, A beans, 2 bacon, 1 hash, 1 tomato, 1 mushroom 2 eggs your way, sourdough toast (b)(e)(d)(g)(i)(n)	14.5
<b>Triple BB</b>   Black pudding, 3 sausages, A beans, 3 bacon, 2 mushrooms, 2 tomato, 2 hash, 3 sourdough toast, eggs your way, black pudding (b)(e)(d)(g)(i)(n)	20-
<b>Veggie BB Plaza</b>   NOT sausage, NOT bacon, hash, tomato, mushroom sourdough toast, eggs your way (v)(b)(m)(d)(g)	14-
<b>Roots '2' shoots Vegan Big Breakfast</b>   NOT sausage, NOT bacon, hash, tomato, mushroom, sourdough toast, vegan Scramble (vg)(b)(m)(d)(m)	16.5
<b>Gluten Free Big Breakfast</b>   2 sausages, halloumi, smashed avo, mushroom, tomato eggs your way + GF bread (gf)(g)(d)	17-
<b>Pesci Plate</b>   Smoked salmon bagel, poached eggs, smashed avo (e)(b)(d)	9-
<b>Croissant</b>   ham & cheese   jam & butter (b)(m)(d)(g)	5.5   4.5
<b>Smoked salmon cream cheese croissant</b> (b)(m)(d)(g)(e)	8.5

## **STACKS, SANDO'S & FRENCH TOAST**

Buttery bacon brioche (b)(d)(g)	5-
ACANTEEN cumberland sausage SANDO - caramelised onion chutney(b)(d)(g)(n)	6-
Katsu SANDO - southern fried chicken, slaw, katsu mayo (b)(d)(g)(k)(l)	8-
Spring SMASH - smashed avocado, poached eggs, ricotta cheese	
maple baked baby gold bar squash & spring onions (v)(b)(d)(g)	12-
AMAC MUFFIN - sausage pattie,grilled cheese,bacon,hash browns(b)(g)(d)(g)(n)	9-
Southern Fried chicken & waffles - Garnetts black treacle cured bacon & Jalapeno butter (d)(g)(b)	10-
House Reuben - salt beef, sauerkraut & gouda (b)(e)(n)	10-
Rarebit - brown crab & gruyere (b)(e)(c)(g)(i)	10-
Traditional French toast - Nutella, banana & praline (v)(b)(d)(g)(J)(k)	6.5

## **Buttermilk Pancakes**

	3stack	5stack	10stack
Yogurt, honey & fresh berries (v)	9	11.5	20
Maple & bacon	6	11	17

## **Vegan Pancakes (vg)**

Dairy free Arla coconut yogurt & fresh berries	7	12.5	17
Maple & vegan bacon (vg)(b)	7.5	11	15.5

## **SALADS/LARGE PLATES**

Organic rosemary foccacia, hummus, harissa, falafel, mint, sumac, zucchini, spring onion, lemon, tahini salad (vg)(b)(l)	12-/15-
Burrata, globe artichoke, radish, walnut, endive & salsa verde salad (g)(V)(J)(n)	10-
Crispy hoi sin duck spring salad - spring onion, sesame, cashew watermelon, daikon, watercress, chilli & coriander (b)(J)(n)(l)	12.5/16.5
Grilled peach capresse salad (v)(gf)(g)	7.5/14-
Portobello mushroom, bulgur, feta & dill salad (v)(g)(n)(gf)	12.5/16/5
Smoked salmon bagel - cream cheese, cucumber & dill (b)(e)(g)(n)	8-
Huevos Rancheros - crispy tortilla, pico salsa, refried beans, sriracha & fried egg (v)(B)(d)(n)	8-
Hash benedict - poached egg, hollandaise with ham or haloumi (b)(d)(e)(g)(n)	9.5
Maple & pecan pie - coconut yogurt & stewed fruit (v)(b)(d)(J)(g)	8-

## **SIDES**

Skin on fries (b)	3-
Posh chips - truffle & parmesan(b)(g)	6-
Dirty Fries - American cheese sauce,crispy fried onion,chives (b)(g)	4.5