



LIQUID REFRESHMENTS

COFFEE

\$3.80/\$4.50

Padre Seasonal espresso blend

Rich full bodied with notes of malt, toffee & toast

Padre Daddy's Girl espresso blend

Soft rich with mild acidity, mellow caramel, & sweet milk chocolate

Budd wet chai

\$5

Tea & Spice chai powder

\$3.80/\$4.50

With soy or almond milk +50c

Koko Delux

\$4.50

Hot chocolate, with or without marshmallows

Iced coffee/Iced Chocolate \$5

With your choice of ice cream, ice or both

TEA

\$4

Premium Ovvio Organic Tea

Blended according to naturopathic principles of traditional herbal medicine. 100% certified organic, unprocessed & unadulterated.

English Breakfast

Earl Grey

Peppermint

Chamomile: chamomile, lavender, linden

Rise & Shine: licorice root, lemongrass, ginger

Genmaicha: green leaf, kukicha, brown rice

Winter Olive: olive leaf, lemon myrtle, elderflower

Summer Pineapple: pineapple, peppermint, lemongrass, lemon myrtle

Choc Mint: licorice root, vanilla bean, cocoa powder

FRESH JUICES

\$8

Apple

Orange

Pineapple

Apple, celery & lemon

Carrot, orange & ginger

Watermelon, lemon & mint

Pineapple, lemon & ginger

SMOOTHIES

Chimpanzee

\$8

Banana, yoghurt, milk, honey and cinnamon

+ protein powder \$2

Bloomy

\$8

Mixed berries, coconut water, organic vanilla extract

+ protein powder \$2

Hola

\$8

Chilled espresso, almond milk, rapadura sugar & cinnamon

OMG One More Green

\$10

Cucumber, coconut water, avocado, baby spinach, lemon, mint and a sprinkle of chia seeds

+ protein powder \$2

OMG SHAKES

\$5/\$3kids

Chocolate/strawberry/vanilla/banana/caramel

Capi Sparkling Fruit Soda \$4

Lemon/yuzu /blood orange/grapefruit

Capi Sparkling Mineral H2o \$4/\$8



MISTY MORNING UNTIL 2PM

TOAST WITH PRESERVES (V)

Choice of sourdough, multigrain, gluten free or raisin orange & fennel fruit toast

\$8.00

PALEO GOODNESS BOWL (GF)

Poached egg, heirloom tomatoes, mushroom, cauliflower, charred asparagus, kale crisps & ½ avocado coated in sesame, sunflower & pumpkin seeds

\$16.90

+ salmon \$4

SUPERFOOD ON GRAIN (V)

A slice of multigrain sour dough with basil pesto served with kale, broccoli, zucchini, crispy enoki mushrooms & a poached egg

\$16.90

MISTY CRUNCH (GF) (V)

Housed roasted granola with a selection of fresh seasonal fruit with a side serve of Greek style yoghurt drizzled with Australian honey

\$17

FOUR FRITTERS (V)

Four sweet corn & zucchini fritters layered with grilled miso maple pumpkin, zucchini ribbons, roasted hazelnuts, buttermilk dressing & palm sugar reduction

\$16.90

BUILD YOUR OWN

Eggs any way you want served with 2 slices of sour dough, multi-grain or gluten free toast

\$10.00

+ avocado, field mushrooms, grilled tomatoes, sweet potato hash brown, wilted spinach \$3

+ salmon, chorizo, feta, bacon \$4

EGG & BACON BRIOCHE

Fried egg, bacon, cheese & relish on a brioche bun

\$12.00

OMG HAM & CHEESE TOASTY

Grilled buttery sourdough sandwich filled with gruyere cheese topped with Dijon béchamel sauce

\$12.90

+ egg \$3

CAPITAINE ROYALE (GF)

Two poached eggs served on top of sweet potato rosti, spinach, prosciutto with a hollandaise sauce & sliced radish garnish

\$19.90

MISS AVOCADO (V)

Smashed avocado, beetroot hummus, feta, cherry tomato's a poached egg with a hint of mint & chilli served on two slices of multi-grain toast

\$18.90

BELOVED WAFFLES (V)

Two Belgium waffles, tossed in cinnamon sugar served with Nutella mascarpone, caramelised banana, toasted hazelnuts, drizzled with Canadian maple syrup

\$17.90

BREAK-VAST

Mini bircher muesli pot, multigrain toast, two poached eggs, bacon, sweet potato hash brown, avocado coated in sesame, sunflower & pumpkin seeds with roasted mushrooms, grilled Roma tomatoes & Persian feta

\$25.90

+ prosciutto or salmon \$4

We are happy to accommodate a range of dietary requests. Please check with the staff upon ordering.



LUSCIOUS LUNCH FROM 12NOON

CHEEKY CHICKEN TOASTY

Pulled chicken, bacon, lettuce, avocado & house mayo on sour dough

\$11.90

SMOKEY SALMON BAGEL

Smoked salmon, dill mayo, snow pea tendrils, pickled fennel & cucumber on a bagel

\$12.90

BURGERS

MOUNT CHEESE BURGER

Panko crumbed macaroni cheese patty, Angus beef patty, tasty cheese, America mustard, pickles, tomato, jalapeno & brown onion jam

\$16

+ shoestring fries \$4

+ Eggplant chips \$4

BEEF BANGER BURGER

Angus beef patty, cheddar cheese, lettuce, tomato, pickles & aioli

\$15

+ shoestring fries \$4

+ Eggplant chips \$4

CRISPY CHICKEN BURGER

Buttermilk fried chicken with rainbow slaw & saracho mayo

\$15

+ shoestring fries \$4

+ Eggplant chips \$4

HERBIVORE BURGER (VEGAN)

Falafel patty with beetroot hummus, rocket, miso maple pumpkin & basil pesto on a beetroot bun

\$14

+ shoestring fries \$4

SALADS

SURF SALAD (GF)

Tuna, beetroot, Persian fetta, spinach, cherry tomatoes, red onion with dill & parsley & lemon dressing

\$17.40

HERBIVORE SALAD (GF) (V)

Scorched paprika cauliflower, chickpeas, Yarra Valley Fetta, almonds, carrot, sultanas, puffed quinoa & cumin with a lemon dressing

\$16.90

THAI CHICKEN SALAD (GF)

Thai spiced pulled chicken with crunchy rice noodles, rainbow slaw, peanuts & a chilli lime dressing

\$17.90

PULLED CHICKEN SALAD (GF)

Thyme, lemon & garlic grilled chicken, cos lettuce, avocado, crispy bacon, cherry tomatoes, croutons with a balsamic dressing

\$ 17.90

GLUTEN FREE LINGUINI (GF)

Green prawns, spinach, heirloom tomatoes, chili & smoked salmon, lemon & pangarttato

\$21.90

SIDES

Eggplant Chips wrapped in a blanket of panko crumbs & herb aioli

\$11.90

Shoestring fries

\$8

We are happy to accommodate a range of dietary requests. Please check with the staff upon ordering.



PIZZERIA SERVED FROM 12PM

GARY (V) (7"0) \$12.5 (10")
\$16.5

Confit garlic, rosemary and mozzarella cheese

ANDREW (V) (7"0) \$14.9 (10")
\$19.5

Margherita, with sliced roma tomato, torn basil, mozzarella and parmesan cheese.

LUIGI
\$19.5

Pork and veal meatballs, mozzarella cheese with fresh cherry tomatoes, oregano and shaved grana Padano.

JANSEN
\$19.5

Prosciutto, tomato, basil, mozzarella cheese, dressed with rocket and shaved grana Padano.

THOMAS (V)
\$19.5

Mushroom duxelle. Field mushrooms, mozzarella cheese, balsamic red onions and thyme, topped with truffle oil.

JOHN JOHN
\$19.5

Spanish-style prawn and chorizo, with sliced jalapenos, mozzarella cheese and chipotle aioli.

SHADY
\$19.5

Pepperoni, jalapenos, sliced fresh chilli on top of mozzarella cheese, topped with fresh basil.

JIMMY (V)
\$19.5

Butternut pumpkin, confit heirloom tomatoes, zucchini ribbons, beetroot and mozzarella cheese on a béchamel sauce base, finished with basil pesto.

OSCAR
\$19.5

Pork belly and gruyere cheese on a BBQ sauce base, finished with fresh apple.

FREDDY
\$19.5

BBQ chicken, bacon, grilled peppers, BBQ sauce topped with mozzarella cheese and basil leaves.

JUDSON
\$19.5

Tomato base sauce with Virginian ham, fresh pineapple and mozzarella cheese.

HUGO
\$19.5

Tomato base sauce with capers, olives, confit garlic, cherry tomatoes, anchovies and mozzarella cheese.

(GF) All pizzas can be made gluten free

(V) Vegetarian



KIDS STUFF

EGG & BACON ON TOAST	\$9
An egg cooked any way with bacon, served on a piece of toast	
HAM & CHEESE TOASTIE	\$10
This always keeps the little ones happy	
LITTLE ITALY (V)	\$10
Linguini pasta tossed min Napoli sauce	
FRIED CHICKEN TENDERS	\$11
Juicy buttermilk chicken tenders severed with fries	
CINNAMON SUGAR WAFFLES	\$10
Severed with Nutella mascarpone & banana	
MARGERITA PIZZA (FROM 12PM) (7") (V)	\$12
Tomato base sauce and mozzarella cheese	
HAWAIIAN PIZZAZA (FROM 12PM) (7")	\$12
Tomato base with leg ham. Fresh pineapple and cheese \$12	
FRIES	\$8
Because who doesn't love fries?	
KIDS SUNDAE	\$8
Vanilla ice cream with marshmallows and chocolate topping	