

salad BOWLS

POKE BOWL with brown rice, cabbage, broccoli, edamame, and coriander, coconut, kaffir lime & wasabi	12
GF DF	
MEDITERRANEAN BOWL with cauliflower, roasted eggplant, chickpeas, sweet potato, hummus, herb pesto, sumac and yoghurt	12
GF DF	
MEXICAN BOWL Guacamole, sour cream, Black beans, pico de gallo, apple slaw, coriander, tomato salsa, spiced sweet potato	13
GF DF ON REQUEST	
ASIAN BOWL sesame wild rice with soy and honey, edamame, cucumber, broccolini, snow peas satay sauce, pickled mushrooms, daikon, seaweed carrots sprouts and soy	12
VEGAN GF DF	
EASTERN BOWL pearl couscous with raisin, fattoush, tabbouleh, pickles, cucumber, red cabbage tomato salsa, pomegranate, labneh, hummus, sumac, sesame, lemon, cabbage & tahini.	14
DF ON REQUEST	

add a PROTEIN

FRIED CHICKEN, POACHED SALMON OR BEEF BRISKET	4
HALLOUMI, GRILLED CHICKEN, FETA	3

THE CLASSICS

ALL DAY BREKKIE BURGER Bacon, roast tomato, aioli, grilled cheese, lettuce, relish and free range egg	14
AVOCADO ON TOASTED SOURDOUGH TOAST with feta, heirloom tomato, chilli, lemon, fresh herbs and dukkah	14
GF/DF ON REQ	
RAMZEYS CHICKEN WRAP Fried chicken, tomato, iceberg lettuce, basil pesto & chilli mayo	12
CHEESE BURGER & CHIPS - GROUNDS Beef brisket, cheese, dill cornichon mayo on a toasted brioche bun	16
BUTTERMILK FRIED CHICKEN with hot sauce, tarragon aioli, pickles, cheese and slaw	16
FRIED FISH FILLET with chopped tartare sauce, crunchy cos heart and malt vinegar mayo glazed milk bun.	16

(GLUTEN FREE OPTION ON REQUEST) SANDWICHES (DAIRY FREE OPTION ON REQUEST)

SCHNITTY SANGA crumbed chicken schnitzel, lettuce, swiss cheese pickles, dill & tarragon mayo	14
PULLED PORK SHOULDER barbeque sauce fennel & kale slaw and jalapenos on wholemeal.	13
LEG HAM & CHEDDAR pickles, lettuce, slaw, sweet and sour onion with relish on sourdough	14
VIETNAMESE STYLE CHILLI PRAWN sesame & lime mayo, vegetable salad, peanuts & coriander	16
GARDEN SALAD & EGG ROLL with chilli roast eggplant, green tahini and hummus.	12
FALAFEL PITA with feta, pomegranate vinegar, tahini, cucumber olive and mint, med pickles	13
GRILLED CHICKEN CAESAR SANDWICH parmesan, crispy bacon caesar dressing & gem lettuce	14
POACHED CHICKEN CELERY & CHIVE MAYO SANDWICH heirloom tomatoes spinach and spanish onion	14
DELI SANDWICH prosciutto, mortadella, salami, swiss, salsa verde, peppers, heirloom tomato, bocconcini, lemon roquette, panini	15

ADD BACON, AVOCADO OR CHEESE 3

Fresh juices

- STRAIGHT UP OJ 7.5
Freshly squeezed orange juice
- TROPICAL 8.5
Pineapple, watermelon, passionfruit & OJ

- IMMUNE BOOSTER 8.5
Green apple, cucumber, celery, kale, broccoli & ginger

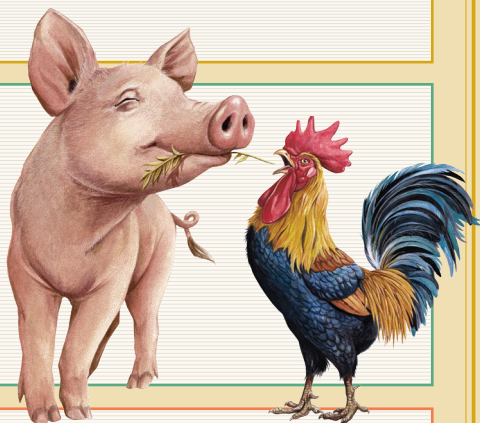
SHAKES AND SMOOTHIES

(DAIRY FREE OPTION ON REQUEST)

- PASSION STATEMENT 9
Pineapple, passion fruit, lime, agave, lemon sorbet DF
- BLUES BROTHERS 9
Mixed berries, coconut sorbet, lime & honey DF
- MANGO TANGO 9
Mango, vanilla ice cream & mango nectar
- THE BIG BANANA 9
Here since the beginning & here to stay
- SUPER CHOCOLATE & HAZELNUT. 9
The chocciest, hazelnuttiest shake in town

Sodas

- PINEAPPLE SODA 7
With fresh lime
- ALOE MATE SODA 7
With aloe vera, cucumber, lime & honey



DRINKS FOR the KIDS

- KIDS FRESH OJ 6
Freshly squeezed orange juice
- KIDS FRESH APPLE JUICE. 6
Freshly juiced apples
- CHOCOLATE & HAZELNUT SHAKE 6.5
The chocciest, hazelnuttiest shake in town
- KIDS BANANA SHAKE 6.5