

HONEST FARE

THE GROUNDS OF THE CITY

GOOD TO GO

Breakfast until 11:30am Mon to Sun

TOASTED BANANA BREAD	berry compote, mascarpone	11
TOASTED COCONUT BREAD	ricotta, banana, honey	11
BUTTERMILK PANCAKES	blackberry & apple compote, vanilla mascarpone	14

MAKE YOUR OWN BREKKIE CUP OR BOWL

with your choice of three layers CUP 10 / BOWL 15

CHOOSE 1 (BASE)

- Granola (GF)
- Chia pudding (GF/DF)
- Almond muesli (DF)
- Maple toasted oats & pecans

CHOOSE 2 (FILLING)

- Mixed berry compote
- Fresh fruit salad (GF/DF)
- Tropical fruit salad
- Citrus fruit salad
- Apple, pear & cinnamon compote
- Banana & toasted coconut

CHOOSE 1 (TOPPING)

- Vanilla yoghurt
- Greek yoghurt
- Coconut yoghurt (DF/GF)
- Raspberry yoghurt
- Acai

THE CLASSICS (Gluten free option on request +2.5)

EGGS ON TOAST	choice of 2 free range eggs with toasted sourdough & butter	12
AVO ON TOAST	toasted sourdough, feta, heirloom tomato, chilli, lemon, fresh herbs, dukkah	15
CITRUS CURED SALMON TARTINE	fennel slaw, chive creme fraiche, capers, Spanish onion, pickle	17
EGG SALAD TARTINE	roquette, cucumber, cornichon, herb salad	14
HALLOUMI WRAP	spinach, caramelised onion, mushroom, white slaw, aioli	14
BREKKIE BURGER	bacon, roast tomato, aioli, cheese, lettuce relish, a fried egg	14
CHICKEN SAUSAGE & EGG CRUMPET	tomato, cheese, bbq sauce, aioli	14
TOASTIE	3 cheese, spinach, caramelised onion, tomato	10
WARM HAM & CHEESE CROISSANT		10
ADD:	pork sausage, bacon, turkey bacon, house smoked ocean trout	4.5

SIDES

POLENTA CHIPS (GF)	4.5	HALLOUMI (GF/DF)	5.5
HASH BROWN (GF/DF)	4.5	BACON (GF/DF)	5.5
MUSHROOMS (GF)	4.5	TURKEY BACON (GF/DF)	5.5
TOMATOES (GF/DF)	4.5	FLAKED SALMON (GF/DF)	5.5
SAUTEED SPINACH (GF)	4.5	CHILLI BRAISED EGGPLANT (GF/DF)	5.5

HONEST FARE

THE GROUNDS

GOOD TO GO

OF THE CITY

Lunch from 11:30am Mon to Sun

THE CLASSICS

ALL DAY BREKKIE BURGER

bacon, roast tomato, aioli, grilled cheese, lettuce, relish, fried egg 15

AVO ON TOAST *(GF on request/DF on request)*

toasted sourdough, feta, heirloom tomato, chilli, lemon, fresh herbs, dukkah 15

CHEESE BURGER & CHIPS beef patty, cheese, dill cornichon, mayo, brioche bun 18

BUTTERMILK CHICKEN BURGER & CHIPS hot sauce, tarragon aioli, pickles, cheese, slaw 18

SANDWICHES *(GF/DF option on request)*

CHICKEN SCHNITTY cheddar, lettuce, pickles, spicy slaw on soft white bread 14

FALAFEL WRAP hummus, za'atar, labneh, cos, pickles, roquette, radishes, mint 12

RAMZEY'S WRAP fried chicken, tomato, iceberg lettuce, basil pesto, chilli mayo 14

CRUNCHY SALAD free range eggs, sprouts, pickled carrots, cucumber, beetroot, tomato salsa, minted yoghurt on soft white bread 12

CITRUS CURED SALMON TARTINE fennel slaw, chive creme fraiche, capers, Spanish onion, pickle 17

POACHED CHICKEN herb mayo, celery salsa, fresh tomatoes, avocado, spinach on rye 13

TBLT TOASTIE turkey bacon, lettuce, swiss cheese, tomato, hash browns, aioli on wholemeal 14

LEG HAM grilled antipasto vegetables, basil pesto, buffalo mozzarella on ciabatta 14

ADD: Bacon, avocado or cheese 3

SALAD BOWLS *(GF/DF option on request)*

CHOPPED CHICKEN CAESAR grilled chicken, herbed croutons, cos, charred sprouts, broccoli, kale, Caesar dressing, crispy prosciutto, parmesan shavings 17

SALMON BOWL spiced raw citrus salmon, brown rice, edamame, cucumber, wasabi, wakame, pickled ginger, snow peas, ponzu, citrus mayo 18

AUTUMN BOWL grilled zucchini, beans, broccoli, feta, caramelized dukkah pumpkin, spring onion, roasted chickpeas, sumac, lemon, herbs 14

BEEF NOODLE BOWL marinated seared beef, green tea noodles, cucumber, tomato, cashews, coconut, avocado, lime, coriander 17

GARDENER'S BOWL green lentils, pickled red cabbage, sprouts, almonds, beets, green apple, corn, feta, herbs, spinach pesto 14

MEDITERRANEAN BOWL grilled halloumi, eggplant, cauliflower, sweet potato, chickpeas, hummus, green tahini, pomegranate 16

ADD A PROTEIN:

Chicken schnitty, grilled chicken, beef brisket, halloumi, chilli tofu 4