

# BREAKFAST

6.30AM-11.00AM

GLUTEN FREE AVAILABLE

## BREAKFAST TRAYS

EGGS, POACHED OR SCRAMBLED, TOAST	10
SMASHED AVOCADO, PERSIAN FETA, DUKKAH, WHOLEMEAL SOURDOUGH TOAST ADD POACHED EGGS	13.5 4
CHARRED FIELD MUSHROOMS, EGGS POACHED OR SCRAMBLED, MIXED GRAINS, KALE, SOURDOUGH TOAST	16
BAKED HAM OFF THE BONE, EGGS POACHED OR SCRAMBLED, CHERRY TOMATOES, SPINACH LEAVES, SOURDOUGH TOAST	17
MAPLE CURED BACON, EGGS POACHED OR SCRAMBLED, POTATO GEMS, BLISTERED ROMAS, TOMATO WHIP, SOURDOUGH TOAST	17.5
HOUSE SMOKED SALMON, EGGS POACHED OR SCRAMBLED, BEETROOT CRUNCH, KALE, SOURDOUGH TOAST	18

## MORE

BERRY SMOOTHIE BOWL, MIXED BERRY, BANANA, COCONUT, FRESH FRUIT, GRANOLA	12
GREEN SMOOTHIE BOWL, SPINACH, AVOCADO, BANANA, CHIA, COCONUT	12
COCONUT CHIA BOWL, DRIED APRICOTS, ALMONDS, CACAO NIBS, ORANGE	12
HANDMADE CRUNCHOLA, DEHYDRATED RASPBERRIES, GREEK YOGHURT, ALMOND MILK	12
BACON & EGG BRIOCHE ROLL	10
GRILLED BANANA BREAD, COCONUT BUTTER, PINEAPPLE CHUTNEY	12
HOTCAKES, LEMON RICOTTA, SPICED PEACHES	13

## BAKERY BOX

ON DISPLAY

## HOT BOX

ON DISPLAY

## KIDS

HOTCAKE, SYRUP	7
YOGHURT BOWL, FRUIT, CRUNCHOLA SPRINKLES	7
GRILLED BANANA BREAD, COCONUT BUTTER	8
SCRAMBLED EGGS, TOAST	8

# CANTEEN


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# FOOD

FROM 11.00AM  
GLUTEN FREE AVAILABLE

## SALAD TRAYS

SEARED HALOUMI, OVEN ROASTED VEGETABLES, TOASTED MIXED SEEDS, CARAMELISED VINAIGRETTE	15.5
SALT AND PEPPER SILKEN TOFU, SPINACH, SESAME, CHILLI, YELLOW BEAN SAUCE	15
GRILLED CHICKEN, BRAISED CHICKPEAS, FETA, TOMATO, CAPSICUM, CUCUMBER, LEMON, OREGANO DRESSING	17
RICE NOODLES, PRAWNS, VIETNAMESE HERBS, BEAN SPROUTS, CARROT, WHITE RADISH	17.5
HOUSE SMOKED SALMON, ANCIENT GRAIN AND BROCCOLI SALAD, NUTS AND SEEDS, AVOCADO	18

## SEAFOOD TRAYS

SALMON POKE, PONZU, WASABI MAYO, FURIKAKE SEASONING, NORI, EDAMAME, BROWN RICE	16
TUNA POKE, TERIYAKI GLAZE, PICKLED DAIKON, EDAMAME, BROWN RICE	16
KING FISH POKE, COCONUT, LIME, CHILLI PINEAPPLE, CORIANDER, BROWN RICE	16
PRAWN POKE, GREEN PAPAYA, CUCUMBER, PEANUTS, FRIED SHALLOTS, NUOC CHAM, BROWN RICE	16
TRADITIONAL FISH & CHIPS	13
GRILLED FISH, CHIPS, GREENS	14.5
SQUID RINGS, CHIPS	14.5
GRILLED SALMON STEAK, MIXED GREENS, WASABI MAYO, BROWN RICE	19.5
SEAFOOD BASKET, CHIPS	19.5

## MORE

HALOUMI BURGER, GRILLED MUSHROOM, SPINACH, TOMATO RELISH	12
FISH TACO, GUACAMOLE, YOGHURT, CILANTRO LEAVES, LIME	14
CANTEEN BURGER, ANGUS BEEF PATTIE, ICEBURG, CHEESE, FRIED ONION, TOMATO	14.5
CHICKEN KATSU BURGER, CUCUMBER, WOMBOK SLAW, KOREAN BBQ SAUCE	14
TERIYAKI FISH BURGER, SESAME GINGER MAYO, PICKLED DAIKON, LETTUCE, NORI	14

## KIDS

FISH & CHIPS	8
SALAD WRAP	7
SQUID & CHIPS	8
SAUSAGE ROLL	5

## WHAT'S POKE?

PRONOUNCED "POH-KAY" ... IT'S A HAWAIIAN RAW FISH SALAD WITH JAPANESE INSPIRED CONDIMENTS THAT'S HEALTHY & DELICIOUS ... GOOGLE IT!