

Summer Menu

Grown, foraged & sourced in the North-East

ALL DAY

Toasts and spreads

Salus Bakery fruit toast	4
Salus Bakery banana bread	4
Salus Bakery croissant filled with ham & cheese	7.5

Muesli cups

Homemade bircher muesli	6.5
Kids fruit cup	4

Egg muffins

Salus Bakery corn muffin filled with egg, bacon, cheese, relish & spinach	7.5
Homemade prosciutto wrapped egg cup with tomato & spinach (GF, DF)	4.5

Toasties

Selection of Salus Bakery sourdough toasties (ham & cheese, cheese & tomato, ham, cheese & tomato)	8.5
--	-----

Vegetable frittata

Homemade roast vegetable frittata (GF)	7.5
--	-----

Sausage roll

Homemade gourmet sausage roll	8.5
-------------------------------	-----

Filo wraps

Selection of vegetarian filo wraps (VG, V options)	8.5
--	-----

Gourmet pies

Selection of gourmet pies	8.5
Gourmet mini pies	4

Salus Bakery poppy seed bagel

Filled with salmon, cream cheese capers & spinach	12
---	----

Salus Bakery focaccias

Chicken, avocado, tomato, red onion, cheese & salad	8.5
Roasted Mediterranean vegetables with beetroot hummus & pesto (V, VG)	8.5
Chef focaccia special (changes daily, depending on local produce)	14

Homemade daily salad bowls (VG, V, DF, GF options)

Chicken Caesar	14
Roasted Mediterranean vegetable bowl	14
Chef salad bowl (changes daily, depending on local produce)	14

SOMETHING SWEET

Homemade scones served with cream and jam	6
Salus Bakery jam filled donuts	6
Salus Bakery fruit Danish pastries	6
Selection of homemade cookies (GF)	3.5
Selection of fruit muffins (GF)	5.5
Selection of homemade cakes (GF, DF)	5.5
Selection of homemade slices (GF, DF)	5.5

ICE-CREAM

Golden North ice cream - over 14 flavours (GF)	
One scoop	3.5
Two scoops	5
Waffle cone	0.5

DRINKS HOT

Symmetry coffe	reg 4.3	lrg 5
Mad Hatter Tea from Mansfield Coffee Merchant		4.8
Homemade hot chocolate	reg 4.3	lrg 5
Other milk, decaf or syrup		0.5

DRINKS COLD

Freshly squeezed juices	sml 6.5	lrg 8.5
Smoothies	sml 6.5	lrg 8.5
Milkshakes	sml 3.5	lrg 6
Iced drinks – coffee, chocolate, mocha and chai	sml 5	lrg 6
Other milk, decaf or syrup		0.5

Selection of locally sourced wine from surrounding regions such as Pizzini, Gapsted, Sam Miranda, Brown Brothers, Weathercraft

Selection of locally sourced beer and cider from surrounding regions such as Alpine Cider, Bright Brewery and Shepparton Brewery

Soft drinks provided by Coca Cola

Menu is indicative, as food and prices are subject to change, depending on seasonal produce available and market prices.

V vegetarian | GF gluten free | VG vegan | DF dairy free

