

Breakfast



available 7am - 11am

Gluten free options available for most meals
add ...2 for GF bread (may contain traces)

Fruit or grain toast and artisan jams ...5.5

Organic house made muesli served with an organic probiotic bush honey yoghurt and organic blueberries (non GF, wheat free) ...10

Creamy porridge, organic oats, toasted almonds, softened dates and finished with a dash of orange & vanilla syrup (non GF, wheat free) ...9.5

Berry, Coconut and LSA Porridge (linseed, sunflower and almond) organic berries, coconut milk, toasted chopped almond and macadamia nuts and coconut flakes. Healthy and low GI. (GF) ...9.5

Local free range eggs on toast cooked any style served on mixed grain or organic toasted ciabatta with butter and our own nectar relish ...9.5

with your choice of:

premium omak middle bacon ...4

baby watercress and grilled tomato ...4

local omak kransky sausages ...4

Free range eggs benedict local eggs with tasty micro curled cress and topped with our own fresh whole grain mustard hollandaise and served on toasted organic ciabatta ...15

with premium omak middle bacon ...17

with fresh nectar hot smoked salmon ...18.5

tight schedule? please let us know asap

Breakfast cont.

Nectar corn fritters with zucchini & cheddar, served with a free range poached egg, micro cress, sour cream & our own nectar relish (non GF) ...14.5

add premium omak middle bacon ...3.00

Brioche french toast with fresh caramalised pineapple, free farmed streaky bacon, berry compote and a white chocolate and coconut sauce and of course maple syrup ...17

Nectar baked beans, organic red kidney beans, a thyme and basil tomato sauce and a **free range** poached egg served on **organic** sourdough ...16.5

Mushrooms on toast, cooked to order, reduced balsamic cream, sauteed portobello & closed cap mushrooms, chopped bacon and baby spinach served on toasted **organic** sourdough ...17.5

Huevos rancheros (wey-vohs rahn-chair-ohs) **organic** red kidney beans and mexican style baked free range eggs in tomato, bacon, chilli, coriander & red onion served with **organic** ciabatta ...17.5

Nectar big breakfast middle bacon, kransky sausages, caramalised potato cake, sauteed mushrooms, grilled tomato, grain toast & free range eggs any style ...20.5

check out our range of nutritional meal replacement smoothies designed by local nutritionist Rachel from Northland Nutrition

sides

hollandaise	...2	grilled tomato	...4
middle bacon (2)	...4	streaky bacon (4)	...4
mushrooms	...5	organic baked beans	...4
caramalised onion potato cake	...4		
free range eggs any style	(x1) ...2	(x2) ...4	