



bowl of goodness – granola & fruit **18**

yoghurt seasonal fresh fruit, mixed berry compote

morning glory with coffee – breakfast muffin **14**

*a taste sensation of carrot, apple, walnuts, sultana, seeds, maple syrup and other goodies. the perfect way to start your day
...complete the combo with any large barista drink*

sweet doona's – pancakes **26**

*caramelised fruit encased in a 'doona' of buttermilk pancake,
served with bacon, berry compote & organic maple syrup
you choose – banana, cinnamon pear or 1 of each – hmmm cosy*

the pioneer – omelette – vege – GF available **28**

*take a bold step into this taste sensation. the eggs are
blended with a thai coriander pesto, filled with
mushrooms, capsicum, a 2 cheese blend and spinach –
served with your choice of toast.*

2 egg

3 egg

33

all wrapped up – breakfast burrito (vege available) **26**

*for those that need a solid start to the day. we wrap 2 scrambled
eggs, cheese, HQ hash, chorizo & chicken sausage in a soft
burrito blanket. then we add plum sauce into it – our best seller -
hoo ha !*

avo-go – HQ version of avo on toast – vege – GF available

24

middle east & asia meet 'stralia ! – asian pesto, avo, feta, house made dukka & balsamic/sweet chilli glaze on sourdough

- *give it a crack (sorry dad joke!) & add 2 eggs*

31

bennie's eggs – eggs benedict – HQ's version - vege & GF available **31**
the classics never get old - a couple of eggs, poached gently, resting peacefully on a bed of our special pesto spinach and topped off with a classic hollandaise. all you need to do is choose – ham off the bone, bacon, hot-smoked salmon or mushrooms

HQ hash – potatoes, eggs, bacon -GF - vege option available **31**
a stack of sautéed potato that packs a wee punch from the locally sourced fresh chorizo that invades the nooks and crannies. we top it off with a couple of poached eggs, bacon for support and hollandaise just for the hell of it

the voyager - the big plate! – GF – vege & vegan avail **34**
the captain of breakfasts to handle what lies ahead! eggs (you choose how we cook 'em), sausage, bacon, HQ hash, house-blend beans ...& pesto spinach (coz' your mum says you have to have something green on ya' plate)

livin' the green – vege fritters **24**
fresh, light, flavoursome and good for you! fluffy fritters of pea, mint, zucchini, spinach and perfectly complimented with a seasonal garden salsa & refreshing tzatziki (yes, you can add any options from 'bits and pieces' below – no judging here)

what a crack up – eggs your way – GF avail **16**
start with 2 eggs, tell us how you liked them cooked, poached, boiled, scrambled, sunny side up or over easy. 2nd choose your toast – sourdough, Vienna, GF or wholemeal

bits and pieces

bacon	7	HQ hash	8	sausage (each)	6
extra egg	4	spreads	3	toast (GF available)	5
pesto spinach	7	mushrooms	7	house blend beans	6
grilled tomato	6	ham	6	hot-smoked salmon	8
avocado	6				

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something lite...

- jane's famous cheese scone** **8.9**
a light and not too-cheesy cheese scone, served warm with jam and relish on the side – sweet or savory depending on your palate.
- morning glory muffin** **8.9**
change your mind about what a great muffin should taste like. carrot, apple, walnut, maple syrup and other secret bits ... low g.i. and dairy free
- garlic & herb bread** – GF available **7**
light slices of artisan bread spread with house made garlic and herb butter, grilled to be light, crunchy, & addictive
- pumpkin & sweet potato soup + garlic bread** **19**
this blend of flavours warms the soul and puts a smile on the dial, with subtle hints of asian spices – garlic bread as above
- flatpacks** - toasties -build your own **10.9**
2 fillings
11.9
3 fillings
- bread *wholemeal, sourdough, vienna, GF (+1), croissant (+1)*
- fillings *cheese, ham off the bone, tomato, bacon, egg, spinach, feta, avocado (+1), smoked chicken (+1), spiced pork (+1)*
- sauces *tomato relish, mayo, spicy plum, bbq, tomato*
- rolls & wraps** **14**
wrap
16
turkish
- moroccan roast pork fillet, roasted capsicum, feta & pumpkin humus

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- hot-smoked tassie salmon & apple pesto slaw
- smoked chicken caesar salad
- bacon and egg – *2 eggs fried/scrambled + 2 bacon*

17

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slightly bigger...

- bacon, egg & chorizo pie *** **8.9**
*a kiwi classic, this is not a quiche! (real men don't eat quiche!).
lite puff pastry encases free range eggs, bacon and fresh chorizo.*
- moroccan pork & veal sausage roll *** **7.9**
*a fresh take on the most popular aussie pastry. premium grade
pork and veal mince is mixed with our secret mix of spices.*
- roast pumpkin, leek & pinenut filo *** **9.9**
*multi-layered filo case is light and crispy while the filing is
warming and flavourful, the perfect combination. contains egg.*
- hot-smoked salmon, cream cheese frittata*** **10.9**
*hot-smoking cooks the salmon while imparting a subtle smoke
flavour, the fillet retains it light moist texture, perfectly married
with cream cheese in this frittata. (subject to availability)*
- * add salad & (amazing) garlic bread** **16**
*enjoy a full meal with a freshly made garden salad, light french
dressing accompanied by grilled garlic & herb bread*
- smoked chicken caesar salad** **33**
*a classic with a twist, smoked chicken adds another dimension to
the mix of cos lettuce, bacon, parmesan cheese, croutons, tangy
caesar dressing, topped with a poached or boiled egg*
- tassie smoked salmon salad** **33**
*hot-smoked salmon flakes are beautifully light and taken straight
from the fillet, sitting on top fresh, tangy apple pesto slaw and
seasonal mixed vege's and salad greens*
- warm roast vege & pork salad** **33**

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warm roasted seasonal vege's on top of a bed of spinach, salad greens, chorizo, feta and warm roasted moroccan spiced pork fillet

from the fridge.....

SKULL kombucha	8.9
ginger turmeric – refreshing, think like ginger beer	
elderflower – floral and fragrant, tastes like lychee	
organic cold pressed juices	10.9
• antiox - <i>apple, raspberry, passionfruit, rhubarb</i>	
• immunity - <i>carrot, orange, pineapple, celery, lemon, turmeric</i>	
• roots - <i>beetroot, apple, lemon, ginger</i>	
• botanical - <i>apple, spinach, kale, cucumber, celery, lettuce, lemon, ginger</i>	
charlie's honest squeezed - nothin' but juice	9.9
• apple	
• orange	
soda – bickfords classic	6.5
- <i>classic cola, ginger beer, lemon lime and bitters</i>	

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mountain fresh tropical fruit juice cocktail	5.9
water – sparkling mineral	11.9
ice tea – lipton peach sugar free	5.5

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From the barista

	small	reg 8oz	large 12oz	x-large 16oz
flat white / cappuccino / latte / mocha chai / dirty chai / hot chocolate		5.9	6.9	7.9
short black / espresso	4			
long black	4.5			
macchiato / piccolo	4.9			
extra shot	.8			
specialty milks – almond / soy / oat macadamia / coconut		1	1	1
syrups – vanilla / caramel / hazelnut		1.5	1.5	1.5
iced – coffee / chocolate / chai / mocha			7.9	
- iced long black			7.4	
- ice cream			+	
			1.5	
Frappe			10.9	
coffee / mocha / chai / choc				
mixed berry / caramel / vanilla				
hazelnut				
banana smoothie			10.9	
affogato – 2 shots coffee over ice-cream				9
baileys / tia maria / Frangelico /				+ 8
golden stout time vodka (honeycomb)				

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junior (choc, sprinkles, whipped cream)

9

tea

5

*english breakfast / earl grey / peppermint / chamomile
green / lemongrass & ginger / wild raspberry
jasmine blossom / moroccan mint*