



bowl of goodness – granola & fruit **13**

we're pretty sure we can't mess that up! granola, yoghurt, fresh fruit, mixed berry compote, *seasonal*

morning glory with coffee – breakfast muffin **11**

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 **19**

roasted/caramelised fruit (banana or cinnamon pear) encased in a 'doona' of buttermilk pancake served with bacon, berry compote & maple syrup – hmm cosy

bennie's eggs – eggs benedict – HQ's version (vege option available) **22**

the classics never get old - a couple of eggs, poached gently, resting peacefully on a bed of our special wilted spinach & and finished off with a classic hollandaise *pesto*
choose – ham off the bone, smoked salmon or mushroom *you*

the pioneer – omelette – vegetarian **20**

take a bold step into this taste sensation. the eggs **2 egg** **25**

are blended with a thai coriander pesto which invigorates

****NEW****

3 egg

the taste-buds. mushrooms, capsicum, 2 cheese blend and spinach complete the package – served with toast.

Please order at counter, payment required prior to service. All prices include GST.

all wrapped up – breakfast burrito (vege option available) **20**

for those that need a pick me up we wrap eggs, cheese, HQ hash, chorizo & sausage in a soft burrito blanket. add a spicy sauce into it and it is the kick start your day may need.

HQ hash – potatoes, eggs, bacon, (vege option available) **23**

a tower 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 breakfast **26**

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 – vegetarian fritters **19**

fresh, light, flavoursome and good for you! fluffy fritters of pea, mint, zucchini, spinach and perfectly complimented with a seasonal salsa & refreshing tzatziki (and yes, you can add bacon, eggs, mushrooms -options and charges in 'bits and pieces' below)

what a crack up – eggs your way

12

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 or wholemeal

bits and pieces

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

something lite ...

janes famous cheese scone

6.9

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

5.9

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)

4

light slices of artisan bread spread with house made garlic and herb butter and grilled to be light, crunchy, & addictive

pumpkin & sweet potato soup + garlic bread 14

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 - customise your own, selections below

2 fillings **8.9**

3 fillings **9.9**

bread - wholemeal, sourdough, vienna, 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

9.9

made fresh to order, turkish roll or a wrap, toasted or fresh

- **moroccan roast pork fillet, roasted capsicum, feta & pumpkin humus**
- **hot-smoked tassie salmon & apple pesto slaw**
- **smoked chicken caesar salad**
- **bacon and egg – 2 eggs fried or scrambled + 2 bacon** **12**

slightly bigger ...

bacon, egg & chorizo pie* **6.9**

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* **5.9**

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 and pinenut filo* **6.9**

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* **6.9**

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** **13**

enjoy a full meal with a freshly made garden salad, light French dressing accompanied by grilled garlic & herb bread

smoked chicken caesar salad **22**

a classic with a twist, smoked chicken adds another dimension to the mix of cos lettuce, bacon, parmesan cheese, croutons, tangy caesar dressing and topped with a poached egg

tassie smoked salmon salad ****NEW**** **22**

our hot-smoked salmon is beautifully light whole flakes taken from the fillet and sits on top fresh mixed salad greens, tangy apple pesto slaw and seasonal vegetables.

warm roast vege & pork salad ****NEW**** **22**

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

drinks for grown-ups

chapel hill wines

	g	b
vermentino 2020	8.5	30
<i>vibrant style from the med, delicious fruit flavours, light and crisp</i>		
gorge block chardonnay 2019	8.5	30
half bottle		16
<i>classic example of a great chardonnay, smooth, background spice and citrus, buttery finish</i>		
sangiovese rosé 2020	8.5	30
<i>cranberry and pomegranate aromas, flavours of fresh raspberries & sour cherries, spicy finish, delicious not too sweet</i>		
cabernet shiraz 2018	9	32
<i>blackberry, blueberry, liquorice aromas and flavours, warm embrace in a glass</i>		
nero d'avola 2018	9	32
<i>native to sicily, medium weight red packed with bright red fruits, rose petals, pinch of crushed herb, great light daytime red</i>		

big shed brewing concern

straight up	– apple cider	(4.8%)	8.5
jetty jumper	– mid strength pale	(3.5%)	8.5
f-yeah	- american pale ale	(5.5%)	8.5
nz pilsner	– brewers series (5.2%)	8.5	
rpl	- royal park lager	(5%)	8.5
boozy fruit	– new england ipa	(6.2%)	9.5

frankenbrown – american brown ale (5.3%) 8.5

from the fridge ...

SCULL kombucha – *uses natural ingredients with no artificial preservatives and flavourings. Fermented with Australian grown green tea, sugar, and filtered water.* **5.9**

- **ginger turmeric** – *refreshing, think ginger beer*
- **elderflower** – *floral and fragrant. tastes like lychee*

soda – bickfords classic **4.9**
- *classic cola, ginger beer, lemon lime and bitters*

orange juice – charlie’s honest squeezed **5.9**

fruit juice – mountain fresh premium **4.9**
- *tropical fruit cocktail, apple*

water – sparkling mineral **5.9**
- *san pellegrino 750ml*

ice tea – lipton **4.9**
- *peach*

Flavoured milk – fleurieu iced 500ml **4.9**

- *chocolate, coffee, strawberry*

From the barista ...

	small 8oz	reg 12oz	large 16oz	x-large
flat white / cappuccino / latte / mocha chai / dirty chai / hot chocolate		4.9	5.9	6.9
short black / espresso /	3.5			
long black / macchiato / piccolo	4			
extra shot	0.5	0.5	0.5	0.5
specialty milks – <i>almond / soy / oat</i> <i>macadamia / coconut</i>		1	1	1
Flavoured syrups – <i>vanilla / caramel</i> <i>hazelnut</i>		1	1	1
iced – coffee / chocolate / chai / mocha - ice cream			5.9	1

**Frappe – coffee / mocha / chai / choc
mixed berry**

****NEW****

8.9

**tea – *english breakfast / earl grey
peppermint / chamomile / green
lemon ginger / wild raspberry
jasmine blossom / moroccan mint***

4

decaffeinated – *it's amazing, try it at no extra charge*

**dairy milks – *fleurieu jersey premium
full cream / low fat
lactose free – all n/c***