



torpe

house favourites

sourdough toast 1pc \$4 / 2pc \$8
u any condiments — berry compote / vegemite / peanut butter

fruit toast w butter \$8
+ berry compote + vanilla bean ricotta \$4

chilli scrambled eggs \$21
3 eggs, chilli (medium/hot), marinated goats feta, pepita & sunflower seed mix, sourdough

big boy \$23.9
2 poached eggs, streaky bacon, mushies, ham hotlinks, spinach, blistered cherry tomatoes, house rosti, sourdough
+ avo / halloumi \$5

hollandaise eggs \$21
apple yuzu hollandaise, baby spinach, pumpkin sourdough
+ pick one
ham off the bone / mushies
+ pulled pork / streaky bacon \$2
+ nz cold smoked salmon / gluten free toast \$2
+ avo \$5

smashed avo \$19.9
smashed avo, blistered cherry tomatoes, marinated goats feta, alfalfa sprouts, soy pepitas, coconut chilli oil, multigrain
+ vegemite (free)
+ egg \$3
+ mini corn fritters balls (GF) \$4

eggs your way on sourdough \$11.9
+ gf \$2

sides

extra egg \$3
mushies/blistered cherry toms/house rosti/baby spinach/beetroot hummus \$4
grilled halloumi/marinated goats feta/bacon/avo smash/avo fresh/pulled pork/poached chicken/ham hotlink/sauteed kale \$5
wok tossed greens in avo oil/nz cold smoked \$7

something more

shakshuka baked eggs (GF OPTIONAL) \$22
roasted capsicum and tomato ragu, eggplant, 2 eggs, smoked scamorza, egyptian nut dukkah, butter bean hummus, fresh herbs, multigrain
+ ham hotlinks \$5
+ bbq pulled pork \$5

turmeric sweet corn fritters (GF) \$22
house made chilli jam, fresh radish, nz hot smoked salmon, a poached egg, dill aioli, soft citrus salad
+ avo \$5

peanut butter pancakes (VEGAN) \$21
peanut butter pancakes, salted butterscotch caramel, coyo chocolate ice cream, nut granola crumb, freeze dried strawberry

matcha waffle (VEGAN) \$18.9
pink coconut yoghurt, coyo strawberry and hibiscus ice cream, raspberry crumb, marshmallow, fresh berries

salted peanut butter buckwheat granola (VEGAN / GF) \$18
turmeric poached pear, coyo yoghurt fresh berries, side of milk

soup of the day \$15.9
w toasted sourdough

toasties

bbq chicken \$12.9
charred corn, tendrils, coriander, honey miso mayo

smoked peppered brisket pastrami \$12.9
gruyere, pickles, kraut kimchi, mayo

miso baked pumpkin (VEGAN) \$11.9
shaved zucchini, kraut kimchi, lemon white bean hummus

health kick

acai bowl (GF / VEGAN) \$19.9
banana, spinach, blueberries, dates, chia & acai topped with salted peanut butter buckwheat granola, fresh fruits
+ peanut butter dollop \$2

green brekky bowl (VEGAN OPTIONAL) \$22
chinese broccoli, kale, bok choy, bean shoots tossed in ginger hoisin w grilled halloumi, poached egg, avo, sesame nori, lotus chip, lemon cheek
+ mushies \$5
+ pulled pork / bbq chicken \$5
+ nz hot smoked salmon \$5
+ nz cold smoked salmon \$7

soul bowl (VEGAN OPTIONAL) \$19.9
beetroot hummus, wok tossed greens, bean shoots, zucchini ribbons, kimchi kraut, cauli rice, organic white quinoa, miso baked pumpkin, pickled radish, alfalfa sprouts, nori sesame, lotus chip, boiled egg
+ mushies / mini corn fritter balls \$4
+ avo \$5
+ bbq chicken / bbq pulled pork \$5
+ nz hot smoked salmon \$5
+ nz cold smoked salmon \$7

from the fridge

breakfast wrap to go \$7.9
grab cups (VEGAN) \$7.9
coyo yoghurt / bircher / granola / berries
house frittata \$7.9
homemade pies \$10.9
pepper beef/chicken & leek
homemade pork sausage roll \$8.9
spinach and ricotta roll \$7.9
+ side salad \$5.9

daily salads \$11.9
+ add protein — mushies / mini corn fritter balls \$5
+ add protein — bbq chicken / bbq pulled pork \$5
+ nz hot smoked salmon \$5
+ nz cold smoked salmon \$7

drinks

fully loaded smoothies (vegan) \$12.9
green smoothie
avo, spinach, mango, dates, maple, banana, desiccated coconut, almond milk

acai smoothie
acai, banana, blueberries, spinach, dates, maple, almond milk

peanut butter brownie
banana, peanut butter, cinnamon, cacao nib, desiccated coconut, maple, almond milk

cold pressed juices \$8.9

summer fun
watermelon, strawberry, green apple, mint

detox
carrot, beetroot, green apple, ginger

straight oj

green out
kiwi fruit, green apple, kale, parsley, lemon

soft drinks
strangelove
lemon squash / bitter grapefruit / ginger beer \$4.5
sparkling mineral water (500ml) \$6
coke / coke zero \$4