



{ knead to eat }

{ sandwiches }  
freshly made upon order

<b>Brutus' Roast Beef</b> 36 hour sous vide tender, juicy beef topped with sauteed mushrooms, caramelised onions and cheddar cheese.	<b>10.90</b>	<b>Runaway Reuben</b> Premium corned beef with Russian dressing, Swiss emmenthal cheese topped with tart sauerkraut.	<b>10.90</b>
<b>Old Fashioned Ham &amp; Cheese</b> Traditional gammon ham with sharp cheddar cheese & roasted pineapples, spiked with herbed sour cream.	<b>9.90</b>	<b>Smokin' Pulled Pork</b> 24 hour sous vide fork tender pork slathered in a tangy BBQ sauce and topped with a crunchy homemade coleslaw.	<b>9.90</b>
<b>Grandma's Guacamole BLT</b> Crispy bacon on a bed of lettuce and tomatoes with creamy homemade guacamole dressing.	<b>9.90</b>	<b>Go Hot Turkey</b> Moist turkey breast, dressed with lettuce, tomato and a wicked spicy cranberry sauce.	<b>9.90</b>
<b>A-Pollo Pesto</b> Succulent chicken breast marinated in fresh homemade almond-pesto topped with roasted peppers & crisp lettuce.	<b>9.90</b>	<b>Chicken Tikka Masala</b> Oven roasted chicken chunks marinated in masala sauce, topped with sliced tomatoes & cucumbers.	<b>9.90</b>
<b>Salmon Mango Tango</b> Smoked salmon with a creamy guacamole spread, green mango, alfalfa sprouts, a sprinkle of nuts with a Thai chili sauce.	<b>11.90</b>	<b>Tuna Meltdown</b> Flaked tuna loaded with a meltdown of cheddar, mozzarella & tomatoes.	<b>9.90</b>
<b>The Great Portobello (V)</b> Grilled portobello marinated in teriyaki sauce, topped with caramelized onions, cheddar & rocket for extra zing.	<b>8.90</b>	<b>Veg-Out Feta (V)</b> Roasted peppers, tomatoes, eggplant, topped with caramelized onions & creamy crumbed feta.	<b>8.90</b>

{ salads & soups }  
please check with our friendly stuff for daily selections

<b>Pimp Your Salad: Peckish</b> Base Salad + 6 Basic Toppings	<b>8.90</b>	<b>Small Homemade Soup</b>	<b>4.90</b>
<b>Pimp Your Salad: Hungry</b> Base Salad + 6 Basic Toppings + 2 Premium Toppings	<b>10.90</b>	<b>Large Homemade Soup</b>	<b>7.50</b>
<b>Pimp Your Salad: Famished</b> Base Salad + 6 Basic Toppings + 2 Premium Toppings + 1 Meat	<b>12.90</b>	<b>Grab &amp; Go Salad (Basic)</b>	<b>4.90</b>
		<b>Grab &amp; Go Salad (Premium)</b>	<b>5.90</b>

{ desserts }  
please check with our friendly staff for freshly baked selections

<b>Baked Goods</b>	<b>3.00 upwards</b>	<b>Ice Cream Sandwiches</b>	<b>6.90</b>
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# breakfast

available from 7.00am to 10.30am

	A La Carte	Set		A La Carte	Set
<b>Breakfast Toastie Set</b> (Choice of Spread: Vegemite / Marmite / Nutella / Jam / Peanut Butter)	2.90	6.90	<b>Homemade Oatmeal Set</b>	4.90	8.90
+ Toast & Spread	1.50	1.50	<b>Cereal with Milk Set</b>	4.90	8.90
			<b>Yoghurt Pot Set</b>	4.90	8.90
			<b>Homemade Berry Breakfast Quinoa Set</b>	5.90	9.90
<b>Bacon/Ham &amp; Egg Sandwich Set</b>	4.90	7.90			
+ Toast/Cheese	1.00	1.00			
<b>Bagel/Croissant/English Muffin Set</b>	2.90	6.90			
+ Cream Cheese/Jam	1.00	1.00			
+ Vegemite/Marmite	1.00	1.00			
+ Scrambled/Sunny Side Up Eggs	1.00	1.00			
+ Mushrooms	1.00	1.00			
+ Bacon/Ham/Sausage	2.50	2.50			
+ Smoked Salmon	3.00	3.00			

\* Breakfast set comes with a small hot drink.  
\* Top up 0.5 for large/iced drink.

# beverages

we use double shots in all our coffees!

	Small	L/Iced		Small	L/Iced
<b>Espresso (Single)</b>	3.70		<b>Organic Hot Chocolate</b>	5.50	6.00
<b>Espresso (Double)</b>	4.20		<b>Gryphon Tea</b>		5.00
<b>Macchiato</b>	4.50		<b>Canned Drinks</b>		2.20
<b>Long Black</b>	4.50	5.00	<b>Vittel</b>		3.00
<b>Latte</b>	5.50	6.00	<b>Orangina</b>		3.00
<b>Cappuccino</b>	5.50	6.00	<b>Vitamin Water</b>		3.50
<b>Flat White</b>	5.50	6.00	<b>SP Sparkling Water (250ml)</b>		3.00
<b>Mocha</b>	6.50	7.00	<b>SP Sparkling Water (500ml)</b>		5.00
+ Shot	1.00		<b>SP Sparkling Juice (200ml)</b>		3.00
+ Soy	1.00		<b>Charlie's Juice</b>		5.00
+ Syrup (Vanilla/Hazelnut/Caramel)	1.00				

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Opening Hours: Mon – Fri 7am-7pm

Please call for corporate catering & delivery services