



{ knead to eat }

{ sandwiches }
freshly made upon order

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

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

Chicken Pesto Salad Chicken Pesto, Sautéed Mushrooms, Broccoli, Roasted Peppers, Edamame, Tofu, Cherry Tomatoes	11.50	Chicken Tikka Salad Chicken Tikka, Quinoa, Carrot, Chickpeas, Cucumber, Roasted Tomatoes, Roasted Eggplant	11.50
Smoked Turkey Salad Smoked Turkey, Avocado, Cherry Tomato, Mixed Raisins, Broccoli, Beetroot, Egg	11.50	Roast Beef Salad Roast Beef, Sautéed Mushroom, Cherry Tomatoes, Caramelized Onions, French Beans, Wholewheat Pasta	11.50
Tuna Salad Tuna Chunks, Sundried Tomatoes, Sweet Corn, Egg, French Beans, Cherry Tomatoes, Olives	11.50	Pulled Pork Salad Pulled Pork, Quinoa, Chia Seeds, Egg, Broccoli, Sunflower Seeds, Cherry Tomato,	11.50
Pimp Your Salad: Peckish Base Salad + 6 Basic Toppings	8.90	Pimp Your Salad: Hungry Base Salad + 6 Basic Toppings + 2 Premium Toppings	10.90
Pimp Your Salad: Famished Base Salad + 6 Basic Toppings + 2 Premium Toppings + 1 Meat	12.90	Small Homemade Soup Large Homemade Soup	4.90 7.50



{ knead to eat }

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

Baked Goods **3.50 upwards** **Ice Cream Sandwiches** **6.90**

{ breakfast }
available from 7.00am to 10.30am

	ALa Carte	Set		ALa Carte	Set
Breakfast Toastie Set (Choice of Spread: Vegemite / Marmite / Nutella / Jam / Peanut Butter) + Toast & Spread	2.90	6.90	Greek Yoghurt Pot (Choice of : Plain & Granola or Banana & Honey)	4.90	8.90
	1.50	1.50			
Bacon/Ham & Egg Sandwich Set + Toast/Cheese	4.90	7.90	Berry Breakfast Quinoa	5.90	9.90
	1.00	1.00			
Bagel/Croissant + Cream Cheese/Jam + Vegemite/Marmite + Scrambled/Sunny Side Up Eggs + Sautéed Mushrooms + Bacon/Ham/ Smoked Salmon	2.90	6.90	Warm Oatmeal	4.90	8.90
	1.00	1.00			
	1.00	1.00			
	1.00	1.00			
	2.50	2.50			

* Breakfast set comes with a small hot drink.
* Top up \$0.50 for large/iced drink.

{ beverages }
we use double shots in all our coffees!

	Small	L/Iced		Cold
Espresso (Single)	3.70		Canned Drinks	2.20
Espresso (Double)	4.20		Vittel	3.00
Macchiato	4.50		Orangina (330ml)	3.20
Long Black	4.50	5.00	Vitamin Water	3.50
Latte/Cappuccino/Flat White	5.50	6.00	San Pell Sparkling Water (500ml)	5.00
Organic Hot Chocolate	5.50	6.00	San Pell Sparkling Juice (330ml)	3.20
Gryphon Tea (Pot)	5.00		Charlie's Juice	5.00
Mocha	6.50	7.00		
Extras				
+ Shot	1.00			
+ Soy	1.00			
+ Syrup (Vanilla/Hazelnut/Caramel)	1.00			