

AVAILABLE 9AM - 3PM

TOAST (VGO, GFO)	8.7
Three Mills Sourdough, Cracked Rye or Orange & Raisin served with butter and your choice of spread; Jam Hummus Peanut butter Almond butter Vegemite Hummus Marmalade	
EGGS ON TOAST (GFO)	11.5
Free range eggs poached, scrambled or fried, served with toasted sourdough	
GRANOLA (VGO)	15.6
Tahini and agave granola served with yoghurt, seasonal fruit	
MUSHROOMS ON TOAST (VG, GFO)	19.5
Mushrooms and broccolini panfried in 7 spice and lemon served on sourdough with housemade pickles and a whitebean puree	
PANCAKES (GF)	18
Ricotta and orange pancakes topped with ice cream, crushed pistachios and an orange blossom syrup.	
FRITTERS (VG.GF)	18.8
Corn & zucchini fritters with vegan mayo, pickled red onion and cucumber & herb ribbon salad . Add a poached egg? + \$2.50	
NOODLE SALAD (VG)	18.5
Cold Soba noodles with carrot, cucumber, raddish, seaweed and crispy tofu in a spicy peanut dressing	
EGG & HALLOUMI ROLL	16
Two chilli fried eggs, grilled halloumi, greens & our housemade tomato relish on a bread roll	
MUSHROOM PIE (VG)	15
Six types of mushroom in an allspice gravy served with salad	
CONGEE (VG, GF)	17.8
A simple shiitake mushroom savoury rice porridge topped with a Sichuan peppercorn eggplant, sauteed greens and a soy dressing	

Toasties

Made with Three Mills Sourdough, served with crisps

T & C (VGO, GFO)	12.5
Tomato, cheddar, sauteed greens, tomato relish	
GREEN REUBEN ON RYE (VGO, GFO)	15
Broccolini, sauerkraut, pickles, aged cheddar, mustard	
KIMCHI (VGO, GFO)	15
Kimchi, oyster mushrooms, cheddar, sauteed greens, vegan mayo	
POTATO MASALA (VGO, GFO)	15
Indian spiced potato curry, sauteed greens, fried onion, tomato relish, cheddar and a spicy mint chutney	

Add a side salad for \$4.9

Something Small

AVAILABLE ALL DAY

TAHINI BANANA BREAD	6.5
Served toasted with butter	
CROISSANT - Three Mills Bakery	
PLAIN	6
JAM AND BUTTER	7
TOMATO AND CHEESE	8.5
MINI PUFF PASTRY ROLLS	
1 for \$4.5, 2 for \$8 or 3 for \$11	
<ul style="list-style-type: none"> • PUMPKIN & SAGE (VG) • SPICED POTATO, SPINACH & FETA • CAULIFLOWER KORMA (VG) 	

Sides

HALLOUMI	4.9
MUSHROOMS	4.8
SAUTEED GARDEN GREENS	4
GARDEN SALAD	4.9
POACHED OR FRIED EGG	2.6
SCRAMBLED EGGS	3.2
HUMMUS	3
HOUSEMADE RELISH	2.5
MINT CHUTNEY (SPICY)	2.5

Little ones

KIDS TOAST	5
One slice, spread of your choice	
HUMMUS & CARROT STICKS	6
BOWL OF YOGHURT	3
SMALL BOWL OF POTATO CRISPS	4
CHEESE TOASTIE	6
TOMATO & CHEESE TOASTIE	7.5
PANCAKE W ICE CREAM & SYRUP	10

VG = Vegan GF = Gluten Free O = Option

While every effort is taken to accommodate dietary requirements, we cannot guarantee that food will be allergen free.
GLUTEN, DAIRY AND NUTS are all present in our kitchen.

Surcharge applies on Saturdays 4% and Sundays 7% and Public Holidays 15%

stepping stone

The Usual

ESPRESSO	3.5
BLACK	4
MILK BASED	4.2
Cappuccino, Latte Flat White, Piccolo	
+ EXTRA SHOT	+ .5
+ DECAF	no charge
+ OAT MILK	no charge
+ SOY MILK	+ .6
+ ALMOND MILK	+ .6
+ LACTOSE FREE MILK	+ 1
CHAI LATTE (VGO)	4.6
DIRTY CHAI LATTE (VGO)	5.1
HOT CHOCOLATE (VGO)	4.6
MOCHA (VGO)	5.1
TURMERIC LATTE (VGO)	4.8
TEAPOTS	
Green Jasmine Green	4.8
French Earl Grey English Breakfast	
Peppermint Moroccan Mint	
Rooibos Chamomile	
Lemongrass & Ginger Oolong + MORE	
INFUSED STICKY CHAI TEA	6.5
HONEY	7.5
COCONUT NECTAR (VG)	

Housemade Treats

DATE BALL (VG, GF)	2.1
PEANUT BUTTER BALL (VG, GF)	2.4
PISTACHIO PINWHEEL (GF)	3.7
CHOC CHIP COOKIE	3.5
PALESTINIAN COOKIE (VG)	3.5
OAT COCONUT RAISIN COOKIE	3.2
LEMON POLENTA CAKE (GF)	6.8
CARDAMOM CARROT CAKE	7
GINGERBREAD CAKE (VG)	6.6
BROWNIE (VG, GF)	5.2
SCONE with jam and cream	6
+ CREAM	+1
+ ICE CREAM (GF)	+2

Refresh Yourself

COLD PRESS JUICE OF THE DAY	7
FRESHLY SQUEEZED ORANGE JUICE	6
NOAH'S JUICE	5
Green - Apple, peach, kiwi & mango	
Yellow - Apple, banana, lychee & mango	
Red - Apple, guava, blackcurrent & berry	
HOUSEMADE LEMONADE	7
HOUSEMADE GINGER ALE	7
LEMON & MINT SLUSHIE	8.5
CAPITAL ALC FREE PACIFIC ALE	8
ICED LATTE	4.7
MILKSHAKES <i>Vegan Option + 3</i>	
VANILLA	
CHOCOLATE	7
STRAWBERRY	
CARAMEL	
SMOOTHIES <i>Vegan Option + 2</i>	
BERRY	8
CHOCONANA	8
BANANA & HONEY	9
BREAKFAST BLITZ	
Oats, peanut butter, coffee, banana & honey	

THREE MILLS BAKERY

CROISSANT	6
ALMOND CROISSANT	7
DANISH	6.5
Sour cherry	
Blackberry & pistachio	
Apple & cinnamon	
Rhubarb	

Little ones

BABYCHINO	.60
+ MARSMALLOWS	.40
COLD MILK	\$2
ORANGE JUICE	\$4
COLD / WARM MILO	\$4
SMALL MILKSHAKE	\$5

