

AVAILABLE 8:30AM - 2:30PM

TOAST (VGO, GFO) 8.5

Three Mills Sourdough, Cracked Rye or Orange & Raisin served with butter and your choice of: 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

PORRIDGE (VGO)

Check the specials board for this week's porridge

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, an orange blossom syrup and candied orange

ROSTI (VGO, GF) 19

Beetroot, carrot and cabbage rösti, poached egg, pickled radish, seaweed and coriander salad with a tamarind & coconut dressing.

EGG & HALLOUMI ROLL 16.5

Two chilli fried eggs, grilled halloumi, greens & our housemade tomato relish on a bread roll

MUSHROOM PIE (VG) 15.5

Six types of mushroom in an allspice gravy served with salad

CONGEE (VGO, GF) 18

Slow cooked shiitake mushroom savoury rice porridge topped with a soy marinated egg, garden greens and a szechuan pepper chilli oil

Check the specials board for more

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

Surcharge applies on Saturdays and Sundays 7.5% and Public Holidays 15%

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 \$11.5

PUMPKIN & SAGE (VG)

SPICED POTATO, SPINACH & FETA

CAULIFLOWER KORMA (VG)

Sides

HALLOUMI 5

MUSHROOMS 5

SAUTEED GARDEN GREENS 4

GARDEN SALAD 5

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 (VGO) 5

One slice, spread of your choice

HUMMUS & CARROT STICKS (VG) 6

BOWL OF YOGHURT (VGO, GF) 3

SMALL BOWL OF POTATO CRISPS 4

KIDS CHEESE TOASTIE 6

KIDS TOMATO & CHEESE TOASTIE 7.5

KIDS PANCAKE 10

One ricotta pancake served with ice cream and chocolate, caramel or vanilla syrup

Turn over for drinks, sweets and more

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.

The Usual

ESPRESSO (VG)	3.5
BLACK (VG)	4
MILK BASED (VGO)	4.2
Cappuccino, Latte, Flat White, Piccolo, Macchiato	
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
+ EXTRA SHOT	+ .5
+ DECAF	no charge
+ OAT MILK (Alternative Dairy co.)	no charge
+ SOY MILK (Bonsoy)	+ .6
+ ALMOND MILK (MilkLab)	+ .6
+ LACTOSE FREE MILK (MilkLab)	+ 1
TEAPOTS	
Green	Jasmine Green 4.8
French Earl Grey	English Breakfast
Peppermint	Moroccan Mint
Rooibos	Chamomile
Oolong	Lemongrass & Ginger
Yerba Mate	White Rose & Goji
Licorice Root	
Genmaicha (Roasted Rice, Sencha and Matcha)	
INFUSED STICKY CHAI TEA	
HONEY	6.5
COCONUT NECTAR (VG)	7.5

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
BLITZED MINT LEMONADE	8.5
CAPITAL BREWERY ALC FREE PACIFIC ALE	8
ICED LATTE	5
MILKSHAKES <i>Vegan Option + 3</i>	7
Vanilla	
Chocolate	
Strawberry	
Caramel	
SMOOTHIES <i>Vegan Option + 2</i>	
BERRY	8
CHOCONANA	8
BANANA & HONEY	8
BREAKFAST BLITZ	9
Oats, peanut butter, coffee, banana & honey	

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
OAT COCONUT RAISIN COOKIE	3.2
LEMON POLENTA CAKE (GF)	7
CARDAMOM CARROT CAKE	7.5
GINGERBREAD CAKE (VG)	7
BROWNIE (VG, GF)	5.2
TAHINI BANANA BREAD	6.5
SCONE served jam and cream	6
+ ICE CREAM	+2
+ CREAM (GF)	+1

Little Ones

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

Home Essentials

LITTLE BIG DAIRY CO.	
2L FULL CREAM MILK	5
2L SKIM MILK	5
THREE MILLS BAKERY	
SLICED SOURDOUGH BATARD LOAF	9
SLICED TINNED SOURDOUGH LOAF	11
SIX 8 COFFEE ROASTERS	
250g BEANS/GROUND	20
1 kg BEANS	52
STEPPING STONE	
AGAVE & TAHINI GRANOLA	6

THREE
MILLS
BAKERY

CROISSANT	6
ALMOND CROISSANT	7.5
DANISH	6.5
Sour cherry Blackberry & pistachio	
Apple & cinnamon Rhubarb & custard	

Interested in catering or want to find out more about what we do?

Visit our website

