

ALL DAY BREAKFAST

TOAST – sourdough, wholemeal	\$5.00
sides: jam, honey, nutella, peanut butter or vegemite add Ricotta \$3.00	
NONIES GLUTEN FREE FRUIT TOAST	\$6.00
fig, orange and almond	
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activated charcoal, black quinoa & buckwheat	
BANANA BREAD	\$5.00
BANANA BREAD WITH RICOTTA & CAMELISED BANANA	\$7.50
CROISSANT	\$4.00
CROISSANT WITH HAM & CHEESE	\$7.50
HONEY RICOTTA & GRATED	\$9.50
MEDITERRANEAN PISTACHIO TOAST	
HAM & EGG ROLL	\$9.50
ham off the bone, two poached eggs & bbq sauce	
TROUT & EGG ROLL	\$13.50
cured trout, two poached eggs with hollandaise sauce	
PORRIDGE	\$9.00
rhubarb compote, air dried banana chips & chia seeds	
BIRCHER MUESLI	\$10.00
rolled oats soaked in apple juice, served with grated apples, house made rhubarb compote topped with Mediterranean grated pistachios	
ACAI BOWL	\$14.00
organic acai blended in coconut water with berries and banana topped with coconut flakes, chia seeds, granola, fresh bananas & berries	
GRANOLA PANNA COTTA	\$12.00
house made coconut and vanilla panna cotta passion fruit coulis & fresh strawberries	
BANANA AND NUTELLA WAFFLE	\$8.50
Strawberries & ice cream	

YOGHURT GRANOLA **\$12.00**

honey yoghurt, granola with seasonal fruits

EGGS ON TOAST **\$10.00**

Scrambled or Poached

SIDES AVAILABLE:

avocado	\$4.00	ham off the bone	\$5.00
heirloom tomato	\$4.00	poached chicken	\$5.00
roast mushroom	\$4.00	house cured trout	\$5.00
hummus	\$4.00	chorizo baked beans	\$5.00

BIRDWOOD "THE LOT" BREAKFAST **\$22.00**

eggs your way (poached or scrambled), chorizo baked beans, roast cup mushrooms, heirloom tomatoes, ham off the bone & avocado.

AVOCADO SMASH **\$9.50**

avocado, tomato, crumbled feta & almond dukkah

ADD A SIDE:

poached egg	\$2.50	house cured trout	\$5.00
hummus	\$4.00	roast mushroom	\$4.00

SMASHED PUMPKIN & HUMMUS **\$15.00**

Smashed pumpkin, homemade hummus, kale, crumbled feta topped with poached egg on sourdough toast

EGGS BENEDICT

two poached eggs on sourdough and hollandaise sauce

with ham off the bone	\$12.00
with mushroom	\$14.00
with house cured ocean trout	\$14.00

TRICOLORE BREAKFAST PLATE **\$16.50**

Smashed avocado, house made hummus, button mushroom pate topped with poached egg & porcini salt

MUSHROOM FOUR WAYS ON TOAST **\$12.00**

roast cup mushrooms, button mushroom pate, pickled enoki, porcini salt & beetroot vinaigrette

HOUSE BAKED BEANS **\$14.00**

chorizo, mushrooms, poached egg & sourdough toast

ALL DAY LUNCH**DAILY SOUP** – winter only **\$9.50**

with sourdough toast, please check with staff

BIRDWOOD HEALTH BOWL **\$12.50**

grains, cauliflower, peas, poached egg, tomato & kimchi

ROAST CAULIFLOWER SALAD **\$11.50**

dried cranberries, ricotta, baby kale, black barley, lentils with lemon & lime dressing

add	- house cured ocean trout	\$5.00
	- poached chicken	\$5.00

PUMPKIN, CHICKPEA & FETA SALAD **\$13.50**

hummus, black barley, lentils, heirloom tomatoes with citrus tahini dressing

add - chicken \$5.00

POACHED CHICKEN SALAD **\$16.00**

tarragon mayo poached chicken, roast button mushrooms, avocado and tomato topped with lemon and lime dressing

CROQUE MONSIEUR **\$10.50**

three cheeses & ham

ROAST BEEF SANDWICH **\$10.00**

cheese, tomato, rocket and horseradish

PORK BELLY SANDWICH **\$9.50**

house made kimchi & aioli

POACHED CHICKEN PANINI **\$9.50**

tomato, rocket, tarragon mayo & avocado

CHICKEN SCHNITZEL SANDWICH **\$8.50**

house made coleslaw with sweet chilli mayo

GREEN GOURMET SANDWICH **\$9.50**

roast pumpkin, roast mushrooms, topped with tomato, cheese, rocket & aioli

FOOD (ALL FOOD + DRINK AVAILABLE TO TAKE AWAY)**BIRDWOOD**