
BETWEEN 12-2:30PM

BROWN RICE BOWL (DF) (V)

\$14

A salad of brown rice, quinoa, ferments, cranberries, almonds, baby parsley, raita and a light vinaigrette dressing.

KALE CAESAR! (DF) (V)

\$14

A vegan take on a classic caesar. Chopped kale & cos, crispy capers, beetroot, bacon bits and a creamy cashew dressing.

SALAD EXTRAS + Chicken **\$4** Smoked Trout **\$4.5**

SHAKSHOUKA (V)

\$14

Eggs baked in a capsicum & tomato sauce spiced with cumin, saffron and smoked paprika. Served with GF Toast.

**AS THESE DISHES ARE VARIATIONS OF OUR REGULAR MENU
ITEMS PLESAE LET OUR STAFF KNOW THAT YOU ARE
ORDERING FROM THE GF MENU.**

PLEASE PLACE YOUR ORDER AT THE COUNTER

GF LUNCH

PREPARED IN KITCHEN WITH OTHER GLUTEN PRODUCTS, MAY NOT BE SUITABLE FOR CELIACS.

UNTIL 11AM

CHIA & QUINOA TOAST by NATURALLY GLUTENFREE **\$6**

POACHED EGGS (V) **\$12**

With house made chutney on GF toast.

+ Bacon / Smoked Trout **\$4.5**

Wilted Kale / Avocado / Roast Tomato / Mushrooms **\$3**

Fresh Tomato **\$2**

POWERKRAUT™ (V) (DF) **\$12**

GF toast with avocado, powerkraut, kimchi gomashio & chilli.

RAWNOLA (V) **\$11**

Buckwheat Rawnola with seasonal fruit & yoghurt.

+ Coconut yoghurt **\$1** + Almond Milk **\$1**

SHAKSHOUKA (V) **\$14**

Eggs baked in a capsicum & tomato sauce spiced with cumin, saffron and smoked paprika. Served with gluten free toast.