

# BREAKFAST

UNTIL 11:30AM DAILY ~ OUR EGGS ARE FREE RANGE

## EASY EGGS

choose scrambled, poached or fried eggs  
with your choice of organic sourdough  
or spelt honey loaf 14

~ add bacon 4 ~ add avocado 4 ~ add salmon 6

## TOAST & SPREADS

choose from lightly toasted organic sourdough |  
spelt honey bread or gluten free bread  
served with house churned butter  
& seasonal preserves <sup>V</sup> 9

## WILD HEMPNOLA

activated buckwheat | coconut chips |  
raw nuts | sweet cocoa | segmented fruit |  
yoghurt panna cotta <sup>V VGO GF</sup> 17

## STRAWBERRY FIG BRUSCHETTA

orange lime ricotta | pistachio walnut &  
cherry bread | manuka honey flakes <sup>V</sup> 18

## APPLE CHIA SEED PORRIDGE

chia seeds & rolled oats almond porridge |  
braised rhubarb apple stew | seasonal fresh fruit |  
crumbed nougat 18

## AVOCADO PUMPKIN BREAD

smashed avocado | whipped goats feta | dukkah |  
confit tomato | pomegranate | beetroot dust |  
pumpkin bread <sup>V</sup> 19  
~ add poached egg 3 ~ add salmon 6

## HOT CHOCOLATE BERRY CAKES

buttermilk hot cakes | caramelised berry medley |  
salted caramel | hot chocolate ganache |  
nougat ice cream <sup>V</sup> 19

## SWEET POTATO SQUASH BOWL

kale | crispy lime chilli chickpea | pepita seeds |  
avocado & coriander coconut dressing <sup>VG</sup> 19  
~ add poached egg 3

## EGGS BENE

shaved honey ham | poached eggs | sriracha hollandaise |  
granny smith apple | mint | organic sourdough 21  
~ add salmon 6

## BIG PROMENADE

thick cut bacon | saltbush & pepper berry sausage |  
sautéed mushroom | potato hash | roasted tomato |  
two eggs | organic sourdough 26

## EXTRAS

roasted tomato | sautéed thyme mushrooms  
poached egg | sriracha hollandaise 3

avocado | potato hash | bacon  
saltbush & pepper berry sausage 4

hickory smoked salmon 6

*V~ vegetarian | VGO ~ vegan option available | GF ~ gluten free | GFO ~ gluten free option available  
15% surcharge applies on Public Holidays | 10% surcharge applies on Sundays.  
Please inform us of any special dietary requirements and we will do our best to accommodate them*



LEFT BANK

MELBOURNE

## COFFEE, CHOCOLATE & CHAI

cafe latte, cappuccino, flat white, long black,  
espresso, macchiato 4  
hot chocolate, mocha, chai latte 4 affogato 7  
soy milk + 1 almond milk + 1 mug upsize + 1  
vanilla or hazelnut syrup + 1

## TEA BY TEA BLOSSOMS

*silken pyramid enveloped teas* 6

jasmine green, english breakfast,  
fairy tale green strawberry, special earl grey,  
chamomile violet, peppermint green,  
black lemon & berry, rooibos chocolate, chai,  
lemon grass ginger & goji berry

*blooming teas* 7

green tea, marigold, jasmine & globe amaranth  
green tea, globe amaranth & jasmine peppermint  
white tea & camellia peach  
white tea, marigold & jasmine  
black tea, globe amaranth, red lily,  
jasmine & chocolate  
black tea, globe amaranth, jasmine  
& cream strawberry

## COCKTAILS BEFORE NOON

[available after 10am on sundays]

mimosa 15 | bellini 15 | bloody mary 17

## SMOOTHIES

raspberries | blueberries | strawberries |  
almond milk | protein powder | vanilla yoghurt |  
chia seeds | flaked coconut <sup>VG</sup> 12

kale | spinach | avocado | banana,  
apple juice | goji berries | chia seeds <sup>VG</sup> 12

acai | banana | protein powder | blueberries | coconut |  
peanut butter | freeze dried mandarin | granola 12

mango | lychees | pineapple | mint | coconut water |  
vanilla yoghurt | flaked almond | raspberries 12

banana | coconut milk | honey | cinnamon |  
wild hempnola <sup>VG</sup> 12

## SHAKES

coffee, vanilla, chocolate, mixed berry 9

## ICED DRINKS

iced coffee, iced chocolate, iced mocha 8

## WATER

cape grimm still rain water [700ml] 10  
free flowing perrier sparkling mineral water 4 pp

## JUICES

tomato, cranberry, pineapple, mango nectar,  
pink grapefruit, blood orange 6  
cold pressed orange, cold pressed apple 7

## FIZZY

a full range of soft drinks are available

Please see overleaf for breakfast dishes