

BREAKFAST

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

TOAST & SPREADS

*lightly toasted organic sourdough, spelt honey bread
or gluten free with house churned butter
& seasonal preserves ^V 9*

EGGS YOUR WAY

*scrambled, poached or fried with your choice
of organic sourdough or spelt honey loaf 13*

WILD HEMPNOOLA

*activated buckwheat, coconut chips, raw nuts, sweet
cocoa, segmented fruit & yoghurt panna cotta ^{V VGO GF} 16*

AVOCADO & MACADAMIA DUKKHA

*chilli goats feta, pomegranate, organic sourdough,
fresh herbs, confit tomato medley ^V 17.5
recommended ~ add poached egg 3*

ORICAO WAFFLE

*dark chocolate buttermilk waffle, caramelised banana,
salted caramel, lemon myrtle sugar dust
& nougat ice cream ^V 18*

ORANGE LEMON RICOTTA

*buffalo ricotta, black & blueberry chutney, organic
cherry almond sourdough ^V 19*

GLORIOUS MORNING BOWL

*quinoa, wild rice, cauliflower, broccoli, kale, sweet
potato crisps, cumin yoghurt & poached egg ^{V VGO GF} 19*

THE OLD EGGS BENEDICT IN A NEW WAY

*bourbon glazed pork shoulder, poached eggs,
sriracha hollandaise, granny smith apple & mint,
served on organic sourdough 21*

HICKORY'D SALMON

*cold smoked salmon, corn fritters, whipped curd,
pickled kohlrabi, goddess dressing, poached egg 21.5*

CHILLI 'SQUACQUERONE'

(hard to say - it's a very delicate Italian soft cheese)

SCRAMBLE

*salted truffle scrambled eggs, grilled pinsa flat bread,
tomato fresco salsa 22
recommended ~ add sautéed thyme mushrooms 3*

PROMENADE

*thick cut bacon, saltbush & pepper berry sausage,
sautéed mushroom, potato hash, roasted tomato,
eggs, organic sourdough 25*

EXTRAS

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

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

hickory smoked salmon 6

Please see overleaf for drinks & smoothies

V~ vegetarian | VGO ~ vegan option available | GF ~ gluten free | GFO ~ gluten free option available

15% surcharge applies on Public Holidays | 7.5% 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 3.8*

hot chocolate, mocha, chai latte 4 affogato 6.5

*soy milk + 0.5 almond milk + 1.0 mug upsize + 1.0
vanilla or hazelnut syrup + 1.0*

TEA BY TEA BLOSSOMS

silken pyramid enveloped teas 5.5

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 6.5

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 14 | bellini 14 | bloody mary 16

SMOOTHIES

peach, strawberry, ginger, organic whey 11

*mango, pineapple, banana, organic
vanilla yoghurt 11*

*kale, spinach, mint, green apple, coriander,
parsley, ginger, coconut water 11*

*sweet blueberries, banana, organic
vanilla yoghurt, soy milk 11*

*raspberries, coconut milk, raw honey,
flaxseeds, lemon juice 11*

SHAKES

coffee, vanilla, chocolate, mixed berry 8

ICED DRINKS

iced coffee, iced chocolate, iced mocha 7.5

WATER

cape grimm still rain water [700ml] 9

free flowing perrier sparkling mineral water 3.5 pp

JUICES

tomato, cranberry, pineapple, mango nectar,

pink grapefruit, blood orange 5.5

cold pressed orange, cold pressed apple 6.5

FIZZY

a full range of soft drinks are available

Please see overleaf for breakfast dishes