

WE DO SIMPLE THE BEST —
NO B.S — NOTHING FANCY —
JUST HONEST GOODNESS SINCE 2013



SERVING THE COMMUNITY
ALWAYS HAVE ALWAYS WILL

TOAST ^(V) Choice of sourdough, multigrain, fruit toast served with vegemite or peanut butter or preserves Gluten Free Option + 2.0	7.5
LEMON MERINGUE PORRIDGE ^(V) Organic oats, lemon curd, cinnamon crumble, Italian meringue, buckwheat	18.5
THE OG COFFEE BIRCHER ^(V) Wholegrain oats, coffee parfait, toasted coconuts, nuts, seeds, cocoa pebbles, orange zest, nutmeg	19.0
ACAI BOWL ^(VE,GF) - contains peanut Blended bowl with almond milk, banana, orange, strawberry, passionfruit, organic crumble, coconut flake, chia seeds, peanut butter Add Extra peanut butter +2.0	20.5
PEACHES AND CREAM PANCAKES ^(V) Dulce de leche, maple mascarpone, cocoa pebbles, coconut, peach compote	20.0
BREKKIE BURGER Bacon, fried egg, tasty cheese, spinach, sriracha mayo, hashbrown, brioche bun Add Halloumi +5.5	18.5
AVOCADO TOAST ^(V) Persian feta, cherry tomato, hummus, dill, chilli flakes, multigrain Add Poached egg +3.0 / Add Halloumi +5.5	19.5
EGGS BENEDICT Bacon, burnt butter hollandaise, spinach, poached egg, sourdough Add Hashbrown +4.0 Change to Via Porta Croissant +4.0	20.5
DOM'S FUEL 3 poached eggs, seared salmon, avocado, sauteed spinach, sourdough	25.5
DIANA'S FUEL ^(GF) Poached eggs, avocado, rocket, toasted pumpkin seeds, fresh chilli, lemon, GF bread	22.0
CHORIZO CHILLI SCRAMBLED Chorizo, crispy chilli oil, spring onion, coriander, multigrain Add Halloumi +5.5 Change to Via Porta Croissant +4.0	21.0
SAUTEED GREENS ^(V) Persian feta, sauteed kale, broccoli, poached egg, pumpkin puree, walnut pesto, dukkah, multigrain	21.5
SALMON ON THE RYE Seared salmon, poached egg, walnut pesto, cream cheese, dill, dark rye	22.5
ST ROSE BIG BREKKIE Choice of eggs, bacon, roasted tomato, mushroom, halloumi, spinach, hashbrown, multigrain	23.5

EGGS ON TOAST	12.5
SIDES	
Tataki salmon / Seared salmon	+8.0
Avocado / Grilled halloumi	+5.5
Grilled chicken / Chorizo / Bacon	
Persian feta / Sauteed garlic mushroom / Roasted tomato	+5.0
Sauteed spinach / Hashbrown	+4.0

CALIFORNIAN BOWL	22.0
Seared salmon, avocado, cabbage, quinoa, peas, kale, raddish, dill creme fraiche, honey mustard dressing	

SUSHI BOWL ^(DF)	22.5
Tataki salmon, avocado, brown rice, poached egg, nori, edamame, togarashi seasoning, kewpie mayo, pickled ginger, daikon	

CHICKEN SUPREME SALAD	22.0
Grilled chicken tenderloin, halloumi, salad leaves, cabbage, fennel, radish. toasted pumpkin seeds, salsa verde, soft herbs, honey mustard dressing	

SUPERFOOD SALAD ^(GF)	19.5
Shredded kale, quinoa, avocado, granny smith, halloumi, almonds, chia, lemon, hummus Add Grilled chicken +5.5 Add seared salmon +8.0	

SALMON BAGEL	21.5
Seared salmon, cream cheese, cucumber, pickled red onion, capers, rocket, vinocotto, NY Bagels	

EGGPLANT SABICH ^(V)	20.0
Grilled eggplant, hard boiled egg, herbed potato, tomato, cucumber, cabbage, hummus, tahini sauce, lemon dressing, soft herbs, pita	

STEAK SANDWICH	21.0
Premium Scotch steak, tasty cheese, cos, tomato, caramalised onion, housemade tomato relish, mayo, pita roll Add Chips +4.5	

OUR SIGNATURE SCHNITZEL WRAP	15.0
Schnitzel, caramalised onion, cheddar, lettuce, mustard aioli Add Chips +4.5	

BOWL OF CHIPS — house seasoning, mustard aioli	9.0
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↪ LITTLE PEEPS ←	
AVOCADO TOAST	9.5
EGG ON TOAST	9.0
PANCAKE STACK WITH ICE CREAM	10.0
HAPPIER MEAL	13.5
(CHICKEN SCHNITZEL, CHIPS, POPTOP)	
UNICORN MILKSHAKE	5.0
(CHOCOLATE, VANILLA, STRAWBERRY)	

WHITE	4.5	HOT CHOCOLATE	4.5
BLACK	4.5	SPICED CHAI	4.5
BATCH BREW	5.0	SOY PRANA CHAI	6.0
		ORGANIC MATCHA	5.0
ICED LATTE	5.5	COCONUT TURMERIC	5.5
ICED LONG BLACK	5.5		
ICED COFFEE	6.0	LARSEN & THOMPSON	5.0
COLD BREW	5.5	GOOD MORNING	
AFFOGATTO	6.0	EARL GREY	
ICED SPICED CHAI	5.5	WHITE PEONY	
ICED SOY PRANA CHAI	6.0	PEPPERMINT	
ICED CHOCOLATE	6.0	LEMONGRASS & GINGER	

↪ SMOOTHIES ←

PROTEIN LATTE	10.0
Whey coffee protein, ice, filtered water (25g protein - 110 cal) - served in 12oz take away coffee cup	

POWER RANGER ^(VE)	12.0
Natural protein, 5 senses espresso, double peanut butter, dates, banana, oat milk	

SNICKERS ^(VE)	12.0
Natural protein, banana, peanut butter, dates, nectar, almond milk	

PROTEIN WARRIOR ^(VE)	12.0
Natural protein, blueberries, maple, peanut butter, cinnamon, almond milk	

MANGO BREEZE ^(VE)	12.0
Natural protein, mango, banana, nectar, almond milk	

SUMMER GOODNESS ^(VE)	12.0
Spinach, banana, mango, pineapple, coconut water	

TROPICOLA ^(VE)	11.0
Mango, passionfruit, coconut water, mint	

BANANARAMA	10.0
Banana, cinnamon, double strained country yoghurt, honey, chia, full cream milk	

THICKSHAKE	11.0
OREO or CAPPUCINO	

↪ FRESHLY SQUEEZED ←

ORANGE or APPLE	9.0
CLEANSE — Spinach, celery, apple, lemon	9.5
VITAMIN — Orange, carrot, ginger	9.5
IMMUNITY — Orange, apple, lemon, mint	9.5

SERVICE SURCHARGE —
10% SUNDAYS 15% PUBLIC HOLIDAYS