

BREAKFAST

TOAST WITH SPREADS \$7

Sourdough, multigrain, rye or fruit loaf with your choice of; butter, Vegemite, house made jam, honey or peanut butter. Sliced avocado \$3 (GFO+\$1.5)

SMASHED AVOCADO \$14

On your choice of toast with Meredith Dairy Goat Cheese, cherry tomatoes, roasted pumpkin seeds and fresh chili drizzled with basil oil and lemon. Add egg \$3 (GFO \$1.5)

FREE RANGE EGGS ON TOAST \$12

Eggs your way on your choice of toast. (GFO + \$1.5)

BREAKFAST BURGER \$14.50

Brioche bun, double bacon, fried free range egg, avocado, butter lettuce, aioli and tomato relish. Add hash brown \$1.5

LAMANNA BREAKFAST BOWL \$15

Fresh seasonal greens and herbs, roasted pumpkin seeds, almonds, avocado, chili, buckwheat, grilled halloumi, drizzled with honey dressing and a poached egg. (GF)

LAMANNA BRUSCHETTA \$14

On your choice of toast and made with seasonal tomatoes, diced avocado, fresh basil, Meredith Dairy Goat Cheese and crispy prosciutto. Add egg \$3 (GFO + \$1.5)

CREMORNE OMELETTE \$14

Spinach and basil infused free range omelette with seasonal tomatoes and Meredith Dairy Goat Cheese on your choice of toast. (GFO + \$1.5)

PORRIDGE \$10

Your choice of milk w/ Rhubarb, coyo, honey and banana or poached spiced pear, house made crumble and honey.

ACAI SMOOTHIE BOWL \$14

Mum's granola, seasonal berries, coconut and natural peanut butter. (DFO, GFO + \$1.5)

MUM'S GRANOLA w/ SEASONAL FRUIT \$13.50

Mum's home made granola, natural Greek yoghurt, seasonal fruit, mint and house made mango couli. (DFO +\$1.5)

ALMOND COCONUT CHIA \$13.50

With seasonal fruit, coconut yoghurt, toasted coconut, almonds and house made lemon curd. (GF, DF, VG)

APPLE BIRCHER MUESLI \$13.50

Almond coconut milk bircher muesli with fresh shaved apple, seasonal berries and natural Greek yoghurt. (DFO +\$1.5)

SIDES

Hash brown (\$1.50). Spinach, sliced avocado, mushrooms, grilled tomato, bacon, feta. (\$3) Smoked salmon, halloumi. (\$5)

LUNCH

SCHNITZEL SANDWICH \$14.50

Apple coleslaw, chicken schnitzel, tasty cheese and mayonnaise on sourdough or multigrain.

REUBEN SANDWICH \$15.50

12 hour slow cooked silverside on rye or sourdough with sliced pickles, Swiss cheese, sauerkraut and house made special sauce.

CHICKEN SANDWICH \$10.50

Greek yoghurt and parsley marinated poached chicken, mixed lettuce and avocado on sourdough or multigrain. (GFO +\$1.5)

TUNA SANDWICH \$10.50

Our house made tuna mix with mixed lettuce and avocado on sourdough or multigrain. (GFO +\$1.5)

CRISPY CHICKEN WRAP \$11.50

House made crispy chicken, baby spinach, sweet chili mayo and shaved Parmesan cheese.

VEGAN CRISPY TOFU WRAP \$11.50

Crispy tofu, baby spinach, sweet chili mayo with cheddar cheese. (Vegan)

KAYLA'S POKE BOWL \$19.99

Spinach and brown rice base w/ soy sesame dressing topped w/ grilled salmon, roasted pumpkin, cherry tomatoes, corn, edamame beans, carrot, cucumber spring onion, mint and avocado kewpie dressing.

STEAK & SALAD \$22.50

Scotch fillet served medium well w/ a fresh green salad, walnuts and Dijon vinaigrette, add chips \$4

CHICKEN & SALAD \$22.50

Free range chicken thigh marinated in honey soy served w/ a fresh green salad, walnuts and dijon vinaigrette, add chips \$4

GRILLED SALMON & SALAD \$22.50

Salmon fillet served w/ a fresh green salad, walnuts and Dijon vinaigrette, add chips \$4

LAMANNA BURGER \$21.50

Beef burger, brioche bun, cheddar cheese, tomato, red onion, tomato relish, mayonnaise and butter lettuce served w/ chips.

SALADS

ROAST ROOT Reg \$9.50 Lrg \$13.50

Fresh baby spinach, green beans, roasted beetroot, pumpkin and sweet potato topped with toasted walnuts, pumpkin seeds, feta cheese and a balsamic glaze.

CAESAR Reg \$9.50 Lrg \$13.50

Fresh baby cos, Caesar dressing, grilled bacon, poached eggs, croutons and shaved Parmesan cheese.

SEE OUR DISPLAY FRIDGE FOR OUR AMAZING SPECIAL SALADS Reg \$13.50 Lrg \$16.50

EXTRAS

Tuna \$4.50
Grilled chicken \$5
Crispy chicken \$5
Grilled Salmon \$8

SIDES

Side of chips \$4
Bowl of chips \$8

FRESHLY SQUEEZED OJ
\$3.49



TROPICAL \$8 (DF, VEGAN)

Pineapple, mango, coconut water and passionfruit.

HULK SMOOTHIE \$9 (DF, VEGAN)

Almond milk, banana, spinach, kale and almond butter.

All prices include GST

No banking surcharge added, we cover that!

GFO= Gluten free option GF= Gluten free DF= dairy free

DFO= Dairy free option VG= VEGAN

COFFEE

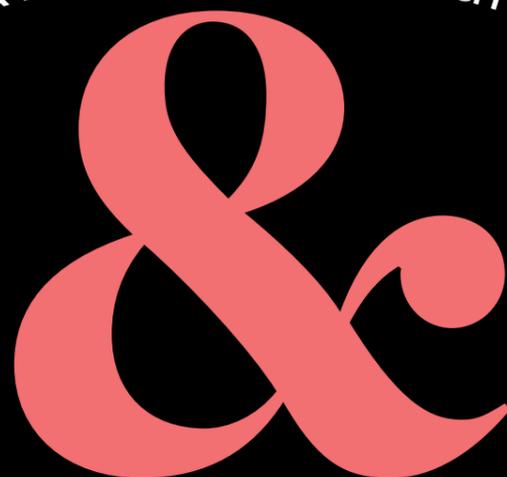
Espresso \$3.50
Regular \$3.50
Large \$4.50
Long black \$4.00
Extra shot 50c
Chai \$3.50
Iced coffee \$6.50
Iced Latte \$4.50

Tea \$3.50
English breakfast,
peppermint, green,
lemongrass & ginger,
chamomile, Earl Grey
Turmeric/ Beetroot/
Matcha Lattes \$4.50

Almond/soy/oat/coconut milks 50c
Lactose free \$0.00

ALLPRESS
ESPRESSO

SEE DISPLAY FOR ADDITIONAL
MENU & TAKEAWAY ITEMS & MUCH MORE!



SMOOTHIES

BANANA \$8 (DFO + 50c)

Banana, natural Greek yoghurt, your choice of milk.

MIXED BERRY \$8 (DFO + 50c)

Mixed berries, banana, natural Greek yoghurt, your choice of milk.

BREAKFAST SMOOTHIE \$9 (DFO + 50c)

Almond milk, banana, natural Greek yoghurt, oats, almond butter and dates.

COCOA PEANUT \$9 (DF, VEGAN)

Almond milk, coyo, cocoa nibs, banana and natural peanut butter.