

**Hearty Porridge**

Creamy cinnamon porridge made with milk of your choice topped with:  
 Cream and soft brown sugar with toasted almonds and coconut. V\* .....\$10  
 OR  
 TSK chia jam and coconut yoghurt with toasted almonds and coconut. V\* .....\$12

**Pesto and tomato Sourdough**

Chunky housemade pesto on organic sourdough toast with seasonal salad greens,  
 sliced tomato and feta. Topped with toasted pumpkin seeds & sprouts. V\* GF\* .....\$17

**Free range eggs on sourdough**

Eggs cooked any way on organic sourdough toast with TSK relish and sprouts. GF\*.....\$13.5

Add bacon .....+\$6  
 Add Haloumi .....+\$6  
 Add Grilled tomato .....+\$3  
 Add Hashbrown .....+\$4

**Hummus and Kraut Sourdough**

TSK Beetroot hummus and ruby sauerkraut with seasonal salad greens, sliced cucumber,  
 sprouts, & toasted pumpkin seeds on organic sourdough toast. V GF\* .....\$18

**Eggs Benedict**

Free range poached eggs on hash cakes with wilted spinach, hollandaise and  
 Freedom Farm Ham off the bone, Freedom Farm bacon OR halloumi. GF .....\$21

**French Toast**

Cinnamon dusted french toast made with organic sourdough topped with:  
 Coconut yoghurt, berry compote and toasted almond and coconut chips .....\$20  
 OR  
 Freedom Farm Bacon, caramelised banana and maple syrup .....\$20

**Omelette**

Omelette made with free range eggs

Your choice of 3 fillings:  
 Cheese  
 Spinach  
 Mushroom  
 Freedom Farm Ham  
 Tomato .....\$18

ADD organic sourdough .....\$2.5



**Toasted Bagels (or swap for organic sourdough)**

The Classic ..... Quality aged cheddar cheese, sliced gherkin and TSK relish. ....\$12
Toasted for melty goodness.
Add Freedom Farm Ham .....+\$4
Esther's Fiesta ..... Spicy carrot pickle, TSK beetroot hummus, .....\$14
Fix & Fogg Everything Butter, and sprouts. V
Jam & Cream Cheese .... TSK Chia Jam with cream cheese. V\* .....\$10

**Toasted Sandwich**

3 fillings on organic sourdough: .....\$14.5

- Ham
Tomato
Cheese
Onion
Gherkin
Cream Cheese
Spinach
Pesto
TSK Relish
Corn
Mushroom
Pineapple

\*Can all be made GF on request\*