




















Breakfast

till 2pm












- Organic Açai Bowl**   18
granola, banana, strawberry, mango, coconut
- Homemade Granola Bowl**  17
Greek yoghurt, seasonal fruits, nuts
-  **Smoked Salmon Bagel** 21
smoked salmon, hass avocado, cucumber, dill cream cheese
- Steak & Eggs**  26
O'Connor rump steak, eggs how you like them
-  **Shakshuka**  20
marinated tomato, avocado, coddled eggs, feta, sourdough
-  **Avocado Smash On Sourdough**   23
poached egg, feta, tomato, dukkah
- Grilled 3 Cheese Sandwich**  22
red & white cheddar, emmental, rosemary sourdough, house salad
- B.L.A.T.E.** 21
nitrate-free Bacon, Lettuce, Avocado, Tomato, Egg, cheddar, homemade BBQ sauce, brioche bun
- Wholemeal Pancake Stack**   22
berries, fresh cream, maple syrup, nuts
- Eggs Benedict on Toasted Croissant** 24
choice of: nitrate-free ham | smoked salmon | spinach 
- Aussie**  30
2 eggs, beans, portobello, tomato, free-range pork sausage, nitrate-free bacon, sourdough
- Vegan**   28
portobello, kale, tempeh, beans, tomato, avocado, sourdough
- Keto**   30
2 eggs, avocado, portobello, kale, tomato, nitrate-free bacon, free range pork sausage

Breakfast Sides

- Sourdough Toast with Butter & Jam 8
- 2 Barossa Eggs 5
- Free-range Pork Sausage 7
- Nitrate-free Bacon 7
- Avocado 6
- Portobello 'Shroom 7
- Baked Beans 6
- Halloumi 8







Salads & Soups

from 11am

-  **Avocado, Quinoa & Feta Bowl**   22
walnut, blueberry, tomato, baby spinach, pomegranate, miso & lemon dressing
- Spiced Cauliflower**   21
pomegranate, avocado, almonds, red cabbage, mint yoghurt & molasses dressing, sumac spice
- Classic Caesar Salad** 19
nitrate-free bacon, poached egg, parmesan, croutons
- Chef's Soup of the Day**    12
sourdough or gluten-free bread
- ADD TO YOUR SALAD** 
- Smoked Salmon** 9
- Free-range Chicken Breast** 8
- Tempeh**  5
- Homemade Falafel**  6

Asian






from 11am

- Chicken & Cauliflower Rice**   27
free-range chicken, romaine salad, almond chili pesto, ginger, coriander
- Rendang Lamb Shank**  *new!* 38
quinoa "ulam" rice, potato, pickled onion
- Chickpea & Mushroom Coconut Curry**   24
pickled slaw, Fable mushrooms, pomegranate, cauliflower rice, cashew, poppadom
- Barbecued Pork Rack** 32
Korean glaze, BBQ sauce, sesame seeds, spring onion
-  **Sesame Tuna Tataki & Soba** 24
wakame, avocado, edamame, green mango, ginger soy

must-try!



Mains

from 11am to 4pm













-  **Chicken Breast Barley Risotto** 29
free-range chicken, root vegetables, feta, kale
- Fish & Chips** 30
sustainably farmed sea bass, mixed greens, tartar sauce
choice of: beer battered | pan seared
-  **Pan Seared Salmon**   36
Akaroa salmon, avocado, tomato, corn salsa & mandarin orange gel, coriander
-  **Smash Burger** 28
O'Connor grass-fed beef, cheese, sriracha mayo, brioche bun, shoestring fries
- Steak Frites** 32
O'Connor grass fed striploin 250g steak, salt, shoestring fries

Pastas








from 11am

- Spaghetti Alle Vongole** 26
clams, chilli flakes, parsley, white wine
 - Medley of Mushroom Aglio Olio Orecchiette**  24
oyster mushroom, portobello, swiss brown, shimeiji, garlic, chilli, parsley
 - Tiger Prawn Fettuccine** 29
Selva sustainable prawn, onion marmalade, prawn stock, cherry tomato, bird's eye chilli, sesame pangrattato
 -  **Ox Cheek & Mushroom Pappardelle** 28
plum tomato stew, mixed mushrooms, grana padano
- gluten-free pasta available upon request

Bakery

-  **Vegan Banana Bread Slice**  4
- Croissant with Butter & Jam**  6
- Pain Au Chocolat**  5.5
-  **Blueberry Muffin**  6
- Vegan Chocolate Muffin**   7
- Orange & Almond Muffin**   7
- Chocolate Sea Salt Cookie**  4
- Vegan Peanut Butter Cookie**  5

Desserts

- Bailey's Tiramisu** 12
- Black Sesame Opera**  12
- NY Cheesecake** 12
- Old Fashion Carrot Cake**  12
-  **Little Farms Pavlova**  *new!* 14
whipped mascarpone, mixed berry compote, Little Farms berries, granola
- Caramel Chocolate Banana Tart** 12
- Chocolate Flourless Praline**   10
-  **Chocolate Lava Cake** 14

All our ingredients are fresh, never frozen, and everything is made from scratch, including our dipping sauces. None of our dishes contain MSG, artificial flavorings, or preservatives. We are committed to serving you only the finest, all-natural, and delicious food, crafted with care and dedication to quality.



All prices are subject to prevailing GST and 10% service charge.

Despite every effort, small traces of egg, meat, seafood, flour and nuts may cross contact. If you have an allergy, please approach our team for assistance before ordering.



DAY

Thirst Quenchers

9

- Grapefruit & Hibiscus Lemonade
- Orange & Lavender Earl Grey Iced Tea
- Watermelon Basil & Mint
- Whole Young Thai Coconut

Freshly Squeezed Juices 

9

- Orange | Granny Smith Apple | Watermelon
- Green Juice
cucumber, apple, celery, kale
- Vitamin C
orange, carrot, apple, ginger
- ABC + G
apple, beetroot, carrot, ginger

Organic Soda 

9

- Kombucha
- Organic Cola
- Akesi Probiotic Berry Spritzer
- Akesi Probiotic Turmeric Tonic

Smoothies 

15

Beets by Dre
açai, raspberries, cashew butter, chia, oat milk, organic beetroot
add Akesi probiotic powder +3.5

Mango Unchained
yuzu, mango, turmeric
add Akesi probiotic powder +3.5

Berry Styles
strawberries, raspberries, açai, fresh milk, Barambah vanilla yoghurt, honey
add Nuzest clean lean protein powder +3.5

Banana Vanilla Ice
banana, fresh milk, Barambah vanilla yoghurt, honey
add Nuzest clean lean protein powder +3.5

Smoothie Wonder
avocado, fresh milk, Barambah coconut kefir yoghurt, gula melaka
add Nuzest clean lean protein powder +3.5
add banana +2

Black Coffee

reg / large

Espresso 5
Long Black 6 / 8

White Coffee

reg / large

Macchiato 6
Piccolo 6
Flat White 6 / 8
Latte 6 / 8
Cappuccino 6 / 8
Mocha  6 / 8

Mr. Bucket Chocolate 

India, 65% Cocoa 9
Philippines, 72% Cocoa 9

Oat / Almond / Soy Milk 1
Extra shot of Espresso 1
Iced 1

Super Lattes

8 / 10

Golden Turmeric
fresh ginger, cinnamon, honey, oat milk

Matcha
maple syrup, oat milk

Chai
spiced chai, oat milk

Tea

8

English Breakfast, Earl Grey, Chamomile, Mint, Green, Lemongrass & Ginger

Sparkling Water

Free Flow
one per person