

FOOD WELL BRUNCH

JUICES

GARDEN 4.5

Kale, parsley, lime, celery, ginger and cucumber

ORANGERY 4.5

Carrot, golden beets, turmeric, chilli, lemon and orange

HYDRANT 4.5

Beetroot, acai, lemon, ginger and coconut water

SWEET GREENS 4.5

Apple, fennel, mint, spinach, aloe vera and lime

SHOTS

HARD GREENS 3

Kale, parsley, lime, celery and ginger

SUNRISE 3

Carrot, golden beets, turmeric, chilli, lemon and orange

PURPLE RAIN 3

Beetroot, acai, lemon and ginger

GREEN NECTAR 3

Apple, fennel, mint, spinach, aloe vera and lime

KOMBUCHA

LA BREWERY GINGER 3.5

LA BREWERY LEMONGRASS 3.5

FRUIT & GRAIN BOWLS

GOLDEN SPICED MILK PORRIDGE 6

Almond milk porridge infused with turmeric, cardamom and warm aromatised spices, toasted nuts, coconut yoghurt and gingerbread crumb. **VE N GF**

MANGO & COCONUT CHIA PUDDING 7

Coconut milk soaked chia, with passion fruit, pineapple, mango salsa, lime leaf and toasted coconut. **VE GF**

CARAMEL MISO GRANOLA BOWL 6

Fermented blueberry and vanilla with coconut yoghurt, freeze dried berries and miso caramel granola. **VE N GF**

CLASSICS

RICOTTA HOT CAKES 7

SWEET

Fluffy ricotta hot cakes with caramelised banana, maple, blueberries and freeze. **V**

SAVOURY

Stacked hot cakes, with crispy bacon, maple, apple crunch and peanut butter. **N**

SAUSAGE & EGG BREAKFAST MUFFIN 8

Cumberland sausage pattie on superfood brioche, organic folded eggs, grilled cheese, crispy onion and korean spiced ketchup.

JALAPEÑO CORN BREAD WITH BLACK BEAN SALSA 9

Crispy chilli cornbread, avocado, poached egg, bean salsa with rose harissa sour cream and pickled sweet red onion. **V N GF**

Vegetarian **V** Vegan **VG** Contains nuts **N** Gluten free **GF**

Please make your server aware of any allergies or intolerances

PLEASE TURN ME OVER...

STEAK AND EGGS 9

Flat iron steak, scrambled eggs, slow roast tomato, wilted spinach and korean spiced ketchup. **GF**

FULL VEGAN BREAKFAST 10

Turmeric tofu scramble, mixed mushrooms, sliced avocado, slow roasted tomato, sweet potato hash, beetroot black pudding and wilted spinach. **VE**

FOODWELL FULL BREAKFAST 11

Cumberland sausage pattie, mixed mushrooms, thick cut dry cured bacon, slow roasted tomato, poached hens egg, sweet potato hash and beetroot black pudding.

AUSSIE BEACH BREAKFAST 9

Crispy bacon, poached egg, lime and chilli avocado, slow roasted tomato, spinach and halloumi. **GF**

ON TOAST (BUILD YOUR OWN) 3

EXTRAS/SIDES 2

HALLOUMI

STREAKY BACON

EGGS (FRIED, POACHED, SCRAMBLED)

AVOCADO

SMOKED SALMON

WILTED SPINACH

LEAN SAUSAGE PATTIE

MIXED MUSHROOMS

ROAST TOMATO

BEETROOT BLACK PUDDING

BRUNCH COCKTAILS

MIMOSAS 6

ORGANIC PROSECCO MIXED WITH FRUIT JUICE

Choose from: orange, pineapple, lychee, watermelon, carrot, beetroot

GRIND ESPRESSO MARTINI 6

Grind's secret recipe

BREAKFAST MARTINI 6

Orange Marmalade, Tanqueray, Cointreau, Lemon

BLOODY MARY (BUILD YOUR OWN) 7

CREATE YOUR OWN LOADED BLOODY MARY FOR A MIX 'N' MATCH COCKTAIL EXPERIENCE THAT WILL LEAVE YOU SIPPING FOR MORE

Pick your spirit: ketel one, tanqueray, el jimador, mezcal

Pick your juice: tomato, beetroot, carrot

Our eclectic range of spices and garnishes guarantees a fresh and flavourful mix. Go classic, or go wild, it's up to you!

Not in the mood to make your own? We can make it for you, just let us know.