

FOODWELL BREAKFAST

MINDFUL DINING

HEALTH SHOTS 3 | HARD GREENS | CARROT, GOLDEN BEET & TURMERIC | BLACK CARROT & BERRIES

AUSSIE BEACH BREAKFAST

bacon, poached egg, avocado, lime, chilli, tomato, spinach, halloumi. **GF**

9

CHIA PUDDING

coconut milk, passion fruit, pineapple, mango, lime leaf, toasted coconut. **GF V VEG**

7

PLANNT BREAKFAST

turmeric scrambled tofu, mushrooms, avocado, sweet potato hash, beetroot black pudding, tomato, wilted spinach. **GF V**

10

CARAMEL GRANOLA BOWL

vanilla, fermented blueberry, miso caramel, berries, coconut yoghurt. **GF V VEG**

6

FOODWELL BREAKFAST

cumberland sausage, mushroom, bacon, tomato, poached egg, sweet potato hash, beetroot black pudding

11

RICOTTA HOT CAKES

banana, maple, blueberries *or* bacon, maple, apple & peanut butter

7

JALAPEÑO CORN BREAD, BLACK BEAN SALSA

chilli cornbread, avocado, poached egg, bean salsa, pickled red onion, harissa sour cream. **GF VEG**

8

BUILD YOUR OWN ON TOAST

3 + 2 EA

HALLOUMI

BACON

EGGS

AVOCADO

SMOKED SALMON

WILTED SPINACH

SAUSAGE PATTY

MIXED MUSHROOMS

BEETROOT BLACK PUDDING

TOMATO

STEAK & EGGS

flat iron, scrambled egg, tomato, spinach, korean ketchup. **GF**

9

SAUSAGE & EGG BREAKFAST MUFFIN

sausage patty, folded organic egg, charcoal brioche, korean ketchup, cheese, crispy onion

8

PORRIDGE

miso caramel *or* blueberry compote. **GF VEG**

4

GOLDEN MILK SPICED PORRIDGE

almond milk, turmeric, cardamom, toasted nuts, coconut yoghurt, gingerbread crumb. **GF V VEG**

6

ALL TABLES ARE SUBJECT TO A DISCRETIONARY SERVICE CHARGE OF 10% WHICH GOES DIRECTLY TO THE STAFF WHO WORKED ON THE DAY. PLEASE MAKE YOUR SERVER AWARE OF ANY ALLERGIES OR INTOLERANCES UPON SEATING.

V VEGAN **VEG** VEGETARIAN **GF** GLUTEN FREE

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