

### **The Large GF Breakfast**

2 Grilled Bacon, Sauteed Mushrooms, 2  
Poached Eggs, Avocado, 2 Grilled  
Tomato & Gluten Free Toast  
Includes Tea  
**GF**

### **Smashed Avocado**

Guacamole style Smashed Avocado on a  
bed of GF Toast, topped with avocado  
guacamole, 2 poached eggs & fresh  
rocket leaves  
(3,7,8,chesnut,11,12)

Add Crispy Bacon

**GF | V No Bacon | VG No Egg or Bacon**

### **Eggs as You Like**

2 Scrambled, Poached or Fried Eggs and  
GF Toast served with Breakfast Tea  
(3,7,12)

**GF | V**

### **Creamy Mushroom Toast**

Button Mushrooms served with Fresh  
Rocket Leaves, crispy Smokey Bacon,  
Basil Pesto & poached eggs topped with  
parmesan cheese on toasted GF toast  
(1wheat,gluten,barley,3,5,6,7,8,greenuts,9,10,11,12)

**GF | V No Bacon**

### **French Toast**

House GF Bread dipped in cinnamon  
& vanilla egg batter panfried &  
topped with cinnamon icing sugar  
with choice of topping,  
Crispy Smokey Bacon & Maple  
Syrup  
OR

Fresh Berries & Cream  
(1wheat,gluten,3,7,8)

**GF | V**

For Lactose intolerance swap for non  
Dairy Milk and no cream

## **GOURMET SANDWICHES**

### **THE Ham & Cheese Toastie**

Tom Lynches Slow Cooked Ham, Mature Cheddar Cheese, red onion, inhouse tomato  
relish on toasted Gluten Free Bread s/w Side Salad

(1Wheat,barley,gluten,3,6,7,9,10)

**GF | V No Ham**

### **Thirty Eight Open Tuna Sandwich**

Gluten Free Bread topped with Tuna Fish, Chopped tomato, onion, peppers & avocado  
topped with 2 Poached eggs served with Siracha side salad

(1wheat,gluten,barley,2,3,4,)

**GF**

### **THE Pesto Melt**

Toasted GF Bread filled with Pesto mayonnaise, Grilled Sliced Chicken, melted mozzarella  
cheese, sauteed mixed peppers & red onion s/w Side Salad

(1Wheat,gluten,barley,3,5,6,7,8,greenuts,9,10)

**GF**

### **THE Caprese Melt**

Grilled GF Bread filled with sliced tomato, Melted Cheese & Basil Pesto mayonnaise  
served with House Crisps

(1wheat,gluten,barley,3,5,6,7,8,greenuts,10)

**GF | V**

## **SALADS**

### **WARM CHICKEN & BACON SALAD**

Grilled Roast Chicken with bacon, cashew nuts, cos lettuce, red onion, tomato & mixed  
seeds tossed in our signature coriander, garlic & Ginger chilli sauce

(1wheat,gluten,5,6,8,cashew nut,9,10,11)

**GF | V No Chicken**

### **CLASSIC CAESAR SALAD**

Grilled Roast Chicken, Tomato, Red Onion & Bacon tossed in house Caesar dressing  
topped with parmesan shavings

(1wheat,gluten,3,4,7,10)

**GF | V No Meat**

## **Lunch**

### **THE CRISPY CHICKEN NOODLE STIRFRY**

Panfried Chicken served with mixed vegetables, Egg Noodles tossed in chilli, coriander,  
garlic & tahini house sauce

**GF | V No Chicken**

### **CHICKEN BURGER – NO BUN**

Chicken breast marinated in cajun spices served with Cajun mayonnaise, bacon, melted  
cheese, lettuce, red onion, tomato & topped with Avocado mayo served with fries & side  
salad

(1Wheat,gluten,3,5,6,7,9,10,11,12)

**GF**

**V-Vegetarian | VG Vegan | GF Gluten Free**

Please Note: We are not a fully Gluten Free Kitchen so cross contamination is possible,  
however we have adapted some of our menu options to suit special dietary requirements  
using best practices