

BRUNCH MENU

(Available from 7am-2pm Tues-Sun)

Sourdough: 2 slices toasted, butter, choice of preserve:
Jam / Marmalade / Peanut Butter / Nuttelex **(vegan available)** 7.5

Bacon & Eggs: Bacon, fried or scrambled free range Eggs, sourdough 13

The KETO Biggy: Crispy bacon, fried or scrambled free range eggs, grilled field mushroom, avo, wilted spinach, roasted cherry tomato **(GF)** 18

Crushed Avocado, fresh herbs, lime, roasted cherry tomato, toasted pepita, sourdough **(vegan friendly)** 17

Pan Fried Omelette: Served with toasted sourdough
Ham, cheese, tomato 17
Mushroom, spinach, cheese 17
Salmon, asparagus, dill 20

The Vegan Biggy: Grilled Field Mushroom, Slow roasted cherry tomato, avo, house made beans, wilted spinach, mini hash brown, sourdough **(vegan friendly)** 22

I WANT IT ALL: Bacon, fried or scrambled free range eggs, grilled field mushroom, cherry tomato, house made beans, wilted spinach, mini hash brown, sourdough 25

Brunch Salmon Salad: Pan seared Salmon, asparagus, cauliflower, roasted cherry tomato, fresh avocado, crispy kale, lemon wedge **(GF & KETO)** 23

Pork Belly Benedict: Crispy skin Pork Belly, five spiced hollandaise, asparagus, toasted ciabatta 21

Healthy Frittata: Chef's vegetarian creation of the day, served with a side salad **(GF & Dairy free)** 12.5

Bacon & Egg Burger: Double fried Egg & Bacon, tomato relish, American cheddar cheese, brioche bun, BBQ sauce 12

VEGAN 'The Lot' Burger: Grilled Beyond Meat pattie, "cheese". Plant-based bacon, pineapple, beetroot, pickles, cos lettuce, tomato, garlic aioli, ciabatta bun 16

Real Beef Burger: Premium Beef Pattie, American cheese, pickles, cos lettuce, tomato, smokey BBQ sauce, garlic aioli, brioche bun, topped with onion rings 16

Add some more:

Sourdough / roasted cherry tomato / mini hash browns / Eggs 2

Mushroom / Avocado / Wilted spinach / Asparagus / B.Beans / Bacon 3

Plant Based Bacon 5 Salmon fillet 9

FRIES (gf & vegan)
(BOWL 8 / SIDE: 4)

ONION RINGS (vegan)
(BOWL 9 / SIDE: 5)

BIB BAKEHOUSE

(Available Tues-Sun 7am-4pm
& Fri-Sun 4pm-8pm)

SAVOURY BITES

Plain butter Croissant 3
Beef, Cheese & Bacon Pie 5
Chicken, Mushroom & Leek Pie 5
Steak & Pepper Pie 5
Beef Sausage Roll 4.5
Spinach & Feta Roll 4.5
Pork & Sweet Chilli Sausage Roll 4.5
Camembert & Caramelised Onion Tart 7.5
Warm Flaky Croissant:
Ham, cheese / Tomato & Cheese 7.5

KETO Vegemite & Cheese Scroll 5
KETO Bacon & Cheese Scroll 5
KETO Jalapeno Muffin 7.5
KETO Bacon & Cheese Muffin 7.5

VEGAN Lentil Roll 7.5
VEGAN Mild Curry Filo 9
VEGAN 'Beef' + Mushroom Pie 9.5
VEGAN 'Steak' Pie 9.50
VEGAN 'Chicken' Mushroom Pie 9.5
VEGAN Chilli 'Chicken' Pie 9.5

VEGAN & GF Jackfruit Bolognese Pie 9
VEGAN & GF Lentil Shepard's Pie 9

SWEET TREATS

Banana Bread 5
Chocolate Croissant 6

VEGAN FAMOUS Cinnamon Donut 4.5
VEGAN FAMOUS Glazed Donut:
Chocolate / Oreo / Simpsons 5.5
VEGAN Carrot Cake 8
VEGAN Chocolate Brownie 6.5
Peanut butter / Oreo / Pistachio /
Triple Choc / Raspberry

GF Banana Bread 4
GF Choc Berry Tart 6.5
GF Strawberry Cheese Cake Tart 6.5
GF Chocolate Brownie 6
GF Nutella Brownie 6
GF Citrus Tart 6.5
GF Sweet Muffin 6
Blueberry / Apple crumble

KETO Pistachio & Raspberry Brownie 5
KETO Chocolate Brownie Slice 5
KETO Choc Chip Muffin 7.5

VEGAN & GF Banana Banoffee Pie 6.5
VEGAN & GF Caramel Slice 6.5
VEGAN & GF Vanilla Slice 6.5
VEGAN & GF Tim Tam 6.5
VEGAN & GF Wagon Wheel 7

CRUNCHBOX Peanut Butter bar 5.5
CRUNCHBOX Picnic bar 7
CRUNCHBOX Snickers bar 6.5
CRUNCHBOX Hazelnut & Cacao 7.5
CRUNCHBOX Lemon Meringue 6.5
CRUNCHBOX Coconut bounty 6.5
CRUNCHBOX Hazelnut mousse 7

BEVERAGES

COFFEE = Life

Killer Bee Coffee
by Blacklist Coffee Roasters

FLAT WHITE	4.3
CAPPUCCINO	4.3
LATTE	4.3
LONG BLACK	4
LONG MAC	4.3
ESPRESSO	3.6
DOUBLE ESPRESSO	4.2
SHORT MAC	4.3
BABYCCINO	1
MUG	1

SOY/ ALMOND/ COCONUT/ LACTOSE FREE /
MACADAMIA /EXTRA SHOT/ 50c

HOT CHOC & CHAI

HOT CHOCOLATE KOKO DELUXE	5.5
HOT MOCHA	5.5
CHAI LATTE	5.5

LOOSE LEAF TEA

ENGLISH BREAKFAST	4.5
EARL GREY	4.5
ORGANIC LEMONGRASS & GINGER	4.5
ORGANIC PEPPERMINT & LIME	4.5
ORGANIC SENCHA GREEN	4.5
ORGANIC CHAMOMILE	4.5
VEGAN CHAI	4.5

CHILLED DRINKS

ICED LATTE	6
ICED COFFEE	6.5
ICED CHOCOLATE	6.5
ICED MOCHA	6.5

MILKSHAKES 6

- * Vanilla
- * Spearmint
- * Chocolate
- * Caramel
- * Strawberry
- * Banana
- * Honeycomb
- * Jaffa

EPIC VEGAN MILKSHAKES 9.5

Almond milk blended with our Vegan
Artisan Gelato

- * Oreo
- * Biscoff & Caramel
- * Chocolate Decadence
- * Strawberries & Cream

FRESHLY SQUEEZED JUICE 8

Choose 1-5 options to make your
perfect juicy combo!

Apple / Carrot / Celery / Orange /
Lemon / Ginger / Watermelon /
Pineapple

BOTTLES/CANS

RED BULL 4

WATER BOTTLE 2.5

BUNDABERG GINGER BEER 4

PERRIER SPARKLING WATER 4

LIPTON ICED TEA:

Peach / Mango / Lemon 4

JOE'S CLASSIC JUICE:

Mango & Banana / Orange / Apple 4

CALLYPSO LEMONADES: Original / Ocean
Blue / Kiwi / Pineapple Peach 6

SOFT DRINK CANS:

Sprite / Lift / Fanta / Coke / Coke
Zero / Diet Coke 2.5

KIDS CHARACTER DRINK 3.5

COLZEE'S SHAKE BAR

KIDDY SHAKES...

BREAKY ON THE GO!

CHUNKY MONKEY 8

Choc protein powder, banana, nut butter, cacao, ice, almond milk
Cal 384.25 Fat 18g Carbs 41.1g Protein 15.2

UP & GO NANA'S 8

Vanilla protein powder, oats, banana, cinnamon, honey, ice, almond milk
Cal 353.25 Fat 7.4g Carbs 48.1 Protein 12.7g

ADULTS ALL DAY SHAKES

SKINNY MINT SLICE 10

Choc protein powder, dark choc bits, Doterra peppermint, banana, spinach, ice, coconut milk
Cal 239.8 Fat 7.6g Carbs 23.4 Protein 17.4g

BERRY GOOD BREKKIE 10

Vanilla protein powder, banana, mixed berries, granola, nut butter, ice, almond milk
Cal 329 Fat 9.3g Carbs 37.3 Protein 21.8g

AVO CLEAN MACHINE 10

Vanilla protein powder, avocado, banana, pepitas, honey, ice, coconut milk
Cal 428.5 Fat 16.3g Carbs 49g Protein 21.8g

DIRTY BULKING SHAKES

A LIL COFFEE DATE 11

2x Choc protein powder, vanilla latte, banana, almonds butter, dates, ice, almond milk
Cal 720.75 Fat 16.3g Carbs 107.3g Protein 32.2g

HULK MINT SMASH 11

2x Choc protein powder, banana, spinach, Doterra peppermint, dark choc, cacao, mint slice biscuit, dates, ice, almond milk
Cal 737.75 Fat 18.4g Carbs 105.7g Protein 22.5

KICK START MY HEALTH 11

2X Choc protein powder, granola oats, dates, trail mix, cacao, caramel latte, almond butter, ice, soy milk
Cal 880.25 Fat 27.6 Carbs 117g Protein 29.7

***ADD EXTRA SCOOP OF VEGAN CHOC OR VANILLA PROTEIN: 1**

BUNS & BBQ

(Available from 5pm-8pm Fri-Sun)

REAL BEEF BURGER 16

Premium Beef pattie, American cheese, pickles, cos lettuce, tomato, smoky BBQ sauce, garlic aioli, brioche bun, topped with onion rings

PORK BELLY BURGER 20

Crispy skin pork belly, slaw, Bourbon BBQ sauce, brioche bun

SMOKEY BBQ PORK RIBS 24

Slow cooked to perfection, slaw, fries

BUFFALO CHICKEN WINGS 18

Served with fries, slaw and your choice of sauce: Blue Cheese / Smokey BBQ / Maple Chipotle

Add ONS & SIDES:

Egg 1

Bacon 3 Real Beef Pattie 4

Plant-based Bacon 5

Beyond Meat Pattie 6

FRIES (gf & vegan):
(BOWL 8 / SIDE: 4)

ONION RINGS (vegan):
(BOWL 9 / SIDE: 5)

VEGAN MENU

VEGAN CHEESE BURGER 16

Grilled Beyond Meat Pattie, "cheese", plant-based bacon, pickles, American mustard, tomato sauce, ciabatta bun, topped with onion rings

VEGAN 'The Lot' BURGER 16

Grilled Beyond Meat pattie, "cheese". Plant-based bacon, pineapple, beetroot, pickles, cos lettuce, tomato, garlic aioli, ciabatta bun

VEGAN CHICKEN CAESAR BURGER 16

Fried "chicken" pattie, plant-based bacon, "cheese", baby coz lettuce, Caesar sauce, ciabatta bun

BUFFALO CAULIFLOWER WINGS 16

Served with fries, slaw and your choice of sauce: Smokey BBQ / Maple Chipotle

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- GLUTEN FREE BUNS AVAILABLE 1
 - KETO BUNLESS OPTION AVAILABLE (NO EXTRA COST)