

BREAKFAST (served till 11am)

The Grand Breakfast	\$155	Avocado Salsa (V)	\$12
eggs of your choice (fried poached scrambled), bacon, sausages, sauteed mushrooms and roasted tomatoes served with organic buttered white sourdough toast		<i>avocado, cherry tomatoes, red onion, watercress and lime served with organic buttered white sourdough toast</i>	
		<i>- add a poached egg +\$2</i>	
The Health Duk	\$165	Simply Eggs (V)	\$10
poached eggs, tasmanian smoked salmon, avocado, cherry tomato and kale served with organic buttered white sourdough toast		<i>eggs of your choice (fried poached scrambled) served with organic buttered white sourdough toast</i>	
Breakfast Bowl	\$165	Yoghurt Bowl (V, GF)	\$11
green pea fritters, poached eggs, bacon and roasted tomato		<i>with sliced fresh banana, strawberries, blueberries, almonds and a sprinkle of housemade granola</i>	
Salmon Benedict	\$16	HouseMade Granola(V)	\$9.5
tasmanian smoked salmon, sauteed spinach, poached eggs served on english muffins and topped with dill hollandaise		<i>served with fresh berries, yoghurt and honey</i>	
Bacon Benedict	\$15	Seasonal Fruit Salad (V, GF)	\$9.5
grilled bacon, mushrooms, poached eggs served on english muffins and topped with hollandaise		<i>- add yoghurt and honey \$1.5</i>	
The Green Duk (V)	\$15.5	House-Made Bircher Muesli	\$9.5
poached eggs, avocado, quinoa, sauteed spinach, kale and mixed nuts served with organic buttered white sourdough toast		<i>served with yoghurt, cinnamon apple and berry compote</i>	
Cheesy Vegetable Omelette (V)	\$14.5	Toast (\$) \$6.5	
spinach, tomatoes, mushrooms, capsicum, parmesan and mozzarella cheese served with organic buttered white sourdough toast		<i>choice of white brown sourdough soy-linseed rye turkish raisin served with butter and a side of spread - honey vegemite peanut butter nutella berry jam</i>	
Meatlovers Omelette	\$14.5	<u>BREAKFAST SIDES</u>	
bacon, ham, sausage and parmesan cheese served with organic buttered white sourdough toast		<i>tasmanian smoked salmon sausages bacon sliced avocado</i>	<i>\$4.5</i>
		<i>kale spinach roasted tomato sauteed mushrooms eggs</i>	<i>\$4</i>
		<i>substitute to gluten free bread extra sauce extra spread</i>	<i>\$0.5</i>

