



## BREKKIE NEEDS TO POWER YOUR DAY, LUKE HAS GOT YOU COVERED. ENJOY.

### QUICK BITES

**GRILLED SOURDOUGH, LINSEED, MICHE BREAD,  
GLUTEN FREE BREAD (v) | \$5**

Choice of Luke's Kitchen strawberry jam, honey,  
peanut butter or vegemite

**FRESHLY BAKED CROISSANT (v) | \$12**

Choice of Luke's Kitchen raspberry jam, honey,  
peanut butter or vegemite  
Prosciutto, tomato and cheese \$17

**FRESH FRUITS (v) | \$17**

Coconut yoghurt, mint

**MAPLE CRANBERRY GRANOLA (v) | \$15**

Poached pears, natural yoghurt, honey

**BACON AND EGGS | \$21**

Fried eggs, grilled sourdough

**ZUCCHINI FRITTERS | \$23**

Smoked salmon, green tomato relish

### THE REAL DEAL | \$40

Pastries  
Fresh Fruit or Granola

**AND**

*choice of*

**CRISPY ZUCCHINI FRITTERS**

Smashed avo, tomato relish

*or*

**SMOKED SALMON**

Ricotta, pickled zucchini, linseed bread

*or*

**BACON AND EGGS**

Fried eggs, grilled sourdough

*The Real Deal includes coffee and juices*

### A LA CARTE

**ACAI HEALTHY BOWL (v) | \$19**

Fresh fruits, chia seeds

**SHAKSHUKA | \$21**

Baked eggs, tomato, spinach, toasted linseed bread  
Chorizo sausage | \$9

**POACHED STRAWBERRIES ON CRUMPET (v) | \$19**

Honey, ricotta, toasted almond

**EGGS BENEDICT | \$24**

Prosciutto, crushed minted peas, hollandaise

**SMASHED AVOCADO (v) | \$23**

Confit truss tomatoes, goddess dressing, dukkah

**OATMEAL PORRIDGE | \$19**

Mandarin, roast macadamia

**SMOKED SALMON | \$24**

Ricotta, pickled zucchini, linseed bread

### EXTRAS

Smoked salmon \$11

Grilled bacon \$9

Smashed avocado \$9

Chorizo sausage \$9

Scrambled eggs \$9

Confit tomatoes \$6

Truffle Scrambled eggs \$12

Hash browns \$6

Eggs your way \$3

Garlic mushrooms \$11



### MOTHERSKY COFFEE

Regular \$5 | Large \$5.50

Oat, Almond, Soy, Lactose Free \$0.50

**MotherSky Coffee is all about honouring daily rituals and old tradition and inspired by modern taste - We can't think of a better way to start our day!**

### T TOTALER TEA

Pot of Tea \$5.50

Australian Black	Lemon Ginger
French Earl Grey	Chamomile Blend
Peppermint	Sencha
Oolong	Masala Chai

**T Totaler Tea is specially blended to provide a balance between taste, smell and nutrition. Each combination is 100% locally sourced and designed to your needs.**

### LUKE'S KITCHEN JUICES | \$9

#### Luke's Daily Detox

Vitamin C, Apple Cider Vinegar, Orange, Ginger Turmeric

#### Luke's Glow

Bamboo Silica, Vitamin C, Aloe Vera, Pomegranate, Lemon

#### Luke's Ginger+

Ginger, Lemon, Cayenne Pepper, Vitamin C

**Give your digestive system a much-needed break and allow your body to detox, heal, restore, and rejuvenate with our Luke's Kitchen health shots.**

**Hydrate your body with 100% raw nutrients, minerals, and probiotics to bring your physical and mental being back to its natural state.**

### JUICES | \$7

Pineapple  
Orange  
Cloudy Apple