



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

QUICK BITES

GRILLED SOURDOUGH, LINSEED, MICHE BREAD, GLUTEN FREE BREAD (V, GFO)

Choice of Luke's Kitchen strawberry jam, honey,
peanut butter or vegemite \$10

FRESHLY BAKED CROISSANT (V)

Choice of Luke's Kitchen raspberry jam, honey,
peanut butter or vegemite \$8
Prosciutto, tomato and cheese \$15

FRESH FRUITS (V, GF)

Coconut yoghurt, chia seeds, passionfruit, pistachio \$19

MAPLE SPICED GRANOLA (V)

Green apple, poached blueberries, natural yoghurt \$19

HONEY MUSTARD HERB EGGS (V, GFO)

Linseed bread, roast tomatoes \$21

BACON AND EGG ROLL (GFO)

Onion marmalade, Swiss cheese, BBQ sauce \$21

CORN & ZUCCHINI FRITTERS (V)

Smashed avocado, tomato salsa \$21

THE REAL DEAL | \$40

Choice of

Croissant or Fresh Fruit or Granola

AND

choice of

HONEY MUSTARD HERB EGGS (V, GFO)

Linseed bread, roast tomatoes

ROAST FIELD MUSHROOM (V)

Creamed silverbeet, pine nuts, fetta

CORN & ZUCCHINI FRITTERS (V)

Smashed avocado, tomato salsa

SMOKED SALMON ON CRUMPET (GFO)

Tomato relish, Persian fetta, rocket

BACON AND EGGS (GFO)

Fried eggs, grilled sourdough

The Real Deal includes coffee and juices

Pineapple | Orange | Cloudy Apple

A LA CARTE

BIRCHER MUESLI (V, GF)

Dried fruits, honey & currants, fresh fig \$19

RAISIN FRENCH TOAST (V, GFO)

Vanilla, poached blueberries, mascarpone \$23

SMOKED SALMON ON CRUMPET (V, GFO)

Tomato relish, Persian fetta, rocket \$23

ROAST FIELD MUSHROOM (V)

Creamed silverbeet, pine nuts, fetta \$23

EGGS BENEDICT (GFO)

Bacon, eggplant chutney, hollandaise \$24

SMASHED AVOCADO (V)

Potato cake, poached eggs, chimichurri \$23

BIG BREAKFAST (GFO)

Fried eggs, Bacon, chorizo, hash brown, mushroom,
roast tomato, grilled sour dough \$32

EXTRAS

Smoked salmon \$11

Grilled bacon \$9

Smashed avocado \$9

Chorizo sausage \$9

Truffle Scrambled eggs \$12

Roast tomatoes \$6

Eggs your way \$9

Hash browns \$6



MOTHERSKY COFFEE

Coffee \$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
French Earl Grey
Peppermint
Oolong

Lemon Ginger
Chamomile Blend
Sencha

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