



BRUNCH

PANCAKES	14.9
Two-stack fluffy pancakes topped with maple syrup, chocolate wafer-crumbed vanilla ice cream and strawberries.	
- Add extra pancake	3.0
- Add smoky bacon	5.5
FRENCH TOAST	18.9
Brioche French toast with milo anglaise, Snickers crumb and coffee mascarpone, finished with strawberries and chocolate shards.	
SMASHED AVOCADO**	14.5
Smashed avocado, fresh tomato, red onion, micro greens and lemon served on rye toast.	
- Add a poached free range egg	2.5
- Add smoked Atlantic salmon	5.0
THE BIG VEGO BREAKFAST	19.0
Buckwheat corn fritter, burst cherry tomato, thyme roasted mushrooms, wilted spinach, grilled halloumi and poached eggs.	
SUMMER BIRCHER	15.5
Organic oats and chia seeds, folded with coconut chips, green apple and coconut yoghurt finished with blackberries, almond dukkah and edible flowers.	

BACON AND EGG ROLL**	12.9
Brioche roll filled with bacon, fried egg, melted Swiss cheese and kitchen relish.	

EGGS BENEDICT**	18.9
Poached eggs, two rashers of bacon, wilted spinach, potato rosti and house made hollandaise finished with bacon crumb.	

SUMMER HUEVOS RANCHEROS	18.9
Buckwheat corn fritter, white bean smash, spicy tomato salsa, fried eggs, guacamole and crunchy corn chips.	

THE NEW SMASH ON THE BLOCK**	17.9
Toasted sourdough spread with green pea and feta smash, poached egg, fried halloumi and beetroot labne.	

THE CANAVOR	19.9
Slow cooked pork belly, bacon, wagyu beef sausage and chilli scrambled eggs rested on cheese toast.	

DID WE SAY FRITTERS	18.9
Sweet potato, quinoa and carrot fritters, almond hommus, halloumi, avocado smash, poached eggs and dukkah.	

EGGS ON TOAST**	10.9
Two eggs cooked your way rested on ciabatta toast with kitchen relish.	

SUGAR FREE FRUIT TOAST	5.9
Served with house made jam and butter.	

ASSORTED TOASTS	5.9
Choice of sourdough, rye and gluten free with house made jam and butter.	

SIDES

- Tomato relish	2.0
- Smashed avocado with tomato, red onion & lemon	4.0
- Hollandaise / hash brown / poached egg [each]	2.5
- Roast cherry tomatoes / thyme roasted mushrooms	4.5
- Bacon [two rashers] / wagyu beef sausage	5.5
- Smoked Atlantic salmon	6.0

SOUTHERN SALAD**	21.9
Spiced popcorn chicken tossed with a salad of tomato, corn, red onion, fresh herbs and avocado finished with crunchy corn chips.	

FISH AND CHIPS	19.5
Beer battered flat head, seasoned chips, Greek salad and house tartare.	

FORAGE SALAD**	18.8
Roasted sweet potato and cauliflower tossed with greens, goat's cheese and pear drizzled with a lemon tahini dressing.	
- Add dukkah crusted chicken	6.5

THE HANGOVER**	16.5
Pulled pork topped with melted Swiss cheese rested in a milk bun with crispy potato rosti, green apple slaw and smoky BBQ sauce.	
- Add a side of fries	3.0

NASI GORENG**	19.9
Marinated chicken and pork tossed with vegetable fried rice, calamari, a fried egg and crispy shallots finished with salt and pepper.	

CHICKEN BURGER**	20.9
Our Southern style grilled chicken rested in a brioche roll with grilled pineapple, bacon, lettuce and BBQ chipotle dressing with sweet potato fries.	

WAGYU BURGER**	21.9
House made ground wagyu beef pattie, tomato, pickles, lettuce, secret sauce and jack cheese rested on a milk bun served with fries.	

EXTRAS

- Garlic bread	5.5
- Bowl of chips	6.5
- Halloumi chips and dipping sauce	8.5
- Sweet potato fries with sweet chilli and sour cream	9.5

- SORRY NO SUBSTITUTIONS - THANK YOU -

**Meals can be gluten free - please inform your wait staff

KNEAD

PIZZA



- Served from 11.30am -

MARGHERITA	R 15.9 / L 20.9
Fresh tomato, bocconcini, fresh basil on a garlic tomato base.	

MUSHROOM MADNESS	R 16.5 / L 21.9
Mixed mushrooms oven roasted with thyme and garlic, goat's cheese on a pesto parmesan base finished with fresh rocket.	

POLLO ZUCCA	R 18.5 / L 23.9
Marinated chicken, roast pumpkin, bacon, bocconcini, baby spinach on a garlic tomato base.	

OLD FAITHFUL	R 15.5 / L 20.9
Local smoked free range leg ham, pineapple and mozzarella on a tomato base.	

SPRING SALMON	R 19.9 / L 24.9
Smoked salmon, pear, caramelized onion, baby spinach and halloumi on a garlic base.	

BRING HOME THE BACON	R 17.9 / L 22.9
Local free range ham, bacon, salami, slow cooked pork belly, mozzarella on a garlic tomato base.	

LAMB YIROS	R 18.9 / L 24.9
Greek lamb, fresh tomato, red onion on a garlic tomato, mozzarella base finished with garlic sauce and fresh lettuce.	

HOME GROWN	R 16.5 / L 21.5
Roast pumpkin, baby spinach, feta, pine nuts, pepperdews and mozzarella on a tomato base.	

- Gluten free base \$4 extra -



HOT BEVERAGES

COFFEE	CUP 4.0 / MUG 4.9
Cappuccino	
Flat white	
Latte	
Mocha	
Macchiato	3.6
Short black	3.3
Piccolo latte	3.6
Chai latte	CUP 4.0 / MUG 5.0
HOT CHOCOLATES	CUP 4.3 / MUG 5.3
Made using real chocolate pieces in dark or white chocolate	
MILKS	.70
- Soy	
- Almond	
- Lactose free	
T BAR LOOSE LEAF TEAS	4.9
- English Breakfast	
- Earl Grey	
- Green	
- Peppermint	
- Ginger and Lemongrass	

SMOOTHIES

REAL FRUIT SMOOTHIE	8.5
Choice of one fruit blended with vanilla ice cream:	
- Mango	
- Banana	
- Strawberry	
- Banana blueberry	
MORNING STARTER	9.0
Our banana smoothie with a shot of espresso	
GREEN SMOOTHIE	9.5
Frozen mango, cucumber, mint, baby spinach and apple juice blended with ice.	
PINA COLADA	8.5
Pineapple, coconut milk, banana, mint blended with ice.	
DAIRY FREE	9.0
Frozen mango, strawberry and pineapple juice blended with ice.	

MILKSHAKES

FREAK SHAKES [20 MINUTE WAIT]	14.9
MALTERSER MADNESS	
Chocolate malt milkshake, Maltesers, Freddo Frogs, chocolate wafers and whipped cream.	
HOCUS POCUS	
Electric blue milkshake, sour worms, fizzers, chocolate surprise and whipped cream.	
OREO VERSUS M&M'S	
Cookies and cream milkshake, Oreo, M&M's, whipped cream and chocolate crumb.	
TRADITIONAL MILKSHAKE	5.5
- Chocolate	
- Strawberry	
- Caramel	
- Banana	
- Lime	
- Spearmint	
- Vanilla	

WINES

	Glass	Bottle
SPARKLING		
Bird in Hand Sparkling Pinot Noir, Adelaide Hills	10.0	44.0
WHITE		
Jim Barry Riesling, Clare Valley	9.9	36.0
Yalumba Chardonnay, Eden Valley		36.0
Petaluma Sauvignon Blanc, Adelaide Hills		46.0
Hill and Smith Sauvignon Blanc, Eden Valley	9.8	44.0
Twin Island Sauvignon Blanc, Marlborough NZ		36.0
Pikes Traditionale Riesling, Clare Valley		44.0
Wirra Wirra Mrs Wigley Grenache Rose, McLaren Vale	9.5	38.0
RED		
Wirra Wirra Original Blend Grenache Shiraz, McLaren Vale		44.0
Jim Barry Riesling, Clare Valley	10.0	44.0
Wirra Wirra RSW Shiraz		85.0

BEERS

Cascade Premium Light	6.8
Indie Kid Pale Ale	8.5
Corona	8.0
Prancing Pony Black Ale	8.5
Prancing Pony Pale Ale	8.0
Prancing Pony Lager	8.0
James Boags	8.0
Hills Apple Cider	8.0

SANGRIA

The Red	7.9
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SOFT DRINKS

Lemon, lime and bitters	4.3
Ginger beer	4.3
Soda water	4.0
San Pellegrino	4.8
Coke	4.3
Coke Zero	4.3
Fanta	4.3
Lift	4.3
Sprite	4.3

JUICES

Freshly squeezed orange	7.0
Freshly squeezed juice of the day	7.0
Apple	3.8
Pineapple	3.8
Coconut water	4.5

ICED DRINKS

Your choice of flavor served with cream and ice cream:	6.5
- Coffee	
- Chocolate	
- Chai	
- Mocha	