supplant™ sugars from fiber muffin
blueberry banana 6.5
strawberry almond 6.5 [n]

fresh pastries from dozen bakery
croissant 5
pain au chocolat 5.5
ham & cheese croissant 6
chocolate chip cookie 4

banana walnut bread 11
espresso mascarpone, toasted buckwheat, honey [n, gf]

kiwi and passion fruit pavlova 15
classic australian pavlova, kiwi fruit, passion fruit, chamomile, soft whipped cream [gf]*

 açai bowl 15
frozen açai topped with granola, pepitas, coconut, bee pollen, and seasonal fruit [n, gf, df]
add almond butter 2 [n]

lemon poppyseed waffle 17
vanilla mascarpone cream, strawberries, bergamot maple syrup

smashed avo toast 12
avocado, pickled shallots, seeds, fresno chillis, cilantro on sourdough [df, vg]
add a poached egg* 3

tomato toast 15
parmesan, green and cherry tomatoes, shaved prosciutto, poached egg on sourdough*

two hands seasonal scramble 17
soft ribboned eggs, eggplant and tomato kasundi on toasted sourdough, cilantro salt, paprika oil* [v]
add bacon 5.5

B.E.K. roll 15
grilled bacon, marinated kale, fried egg, smoky tomato relish, kewpie, soft milk bun*

steak & egg 24
44 farms seared steak, hash brown, sunny egg, mixed greens, french anchovy dressing* [gf]

build your breakfast 9
start with two eggs on sourdough and add sides a la carte*

we proudly serve vital farms pasture-raised eggs.

TO START

crispy brussels sprouts 14
honey balsamic dressing, pickled currants, parmesan [gf, v]

two hands crispy chilli fries 8
sesame chilli oil crunch, chives [vg]

hummus & crudité 18
zâ’atar, crudités, lavosh, focaccia, sourdough [df, vg]

seasonal leaf salad 9
seasonal leaves, green goddess, sourdough croutons [v]
add pulled chicken 7
add salmon filet* 9

brassicas salad 15
charred broccoli, brussels sprouts, kale, hummus, six-minute egg, avocado, pickled shallots, buzz chili, seeds [gf, df, v]*
add pulled chicken 7
add salmon filet* 9

miso mushroom bowl 17
warm roasted shrooms, quinoa, kimchi, six-minute egg, crunchy veggies, puffed rice, sesame chilli crunch , lemongrass ginger dressing [v, gf, df]*

chicken bowl 17
pulled chicken, barley, kale, pickled jicama, sweet potato, avocado, seeds, jerk seasoning, fresh basil pesto [df]

salmon quinoa bowl 25
grilled salmon, six-minute egg, turmeric quinoa, hummus, crunchy shaved veggies, avocado, cucumber, seeds, puffed rice [gf, df]*

classic salad sandwich 16
seasonal lettuce, sprouts, green goddess, tomato, beet relish, carrot, cucumber, cheddar on sourdough [v]

chicken schnitzel roll 17
sesame-crusted chicken schnitzel, herbed yogurt, parmesan, mustard, frisée on a pretzel roll

two hander burger 18
double smash patty, american cheese, shaved lettuce, sweet onions, b&b pickles, kewpie sauce on a seeded bun, served with fries*
add bacon 5.5
add fried egg* 3

egg* 3
scrambled egg* 4
two hands hash brown 4
avocado 4
grilled halloumi 7
slow-cooked tamari mushrooms 6
bacon 5.5
pulled chicken 7
salmon filet* 9
seared steak* 10
sourdough toast, butter and jam 7.5

n = contains nuts | gf = gluten-free | df = dairy-free | vg = vegan | v = vegetarian
please note: modifications may be politely declined. thank you for your understanding, your cooperation is appreciated. we can split checks by halves, thirds, or quarters only.