

VEGAN MENU



○ VEGAN BREAKFAST (8 am - 11 am)

VEGAN TOAST (ve)

Sourdough / granary / white - served with df spread / jam / marmalade

VEGAN PORRIDGE (ve) oat / almond / coconut / soya

Served with maple syrup + add house topping

VEGAN MINICADO (ve)

Avo topped sourdough with mushroom, tomato & chilli jam

VEGAN SMASHED AVO & MUSHROOM (ve)

Served with sourdough & df spread

○ DF BRUNCH (ALL DAY)

VEGAN CINNAMON & PECAN GRANOLA (ve)

pecans, blueberry & cinnamon granola served with df milk.

served with df yoghurt, strawberries & maple syrup

VEGAN TROPICAL MIXED NUT GRANOLA (ve)

mixed nuts, seeds, cacao nibs, coconut & dried pineapple served with df milk.

served with df yoghurt, strawberries & maple syrup

VEGAN ACAI BOWL (ve)

topped with strawberries, vegan granola & maple syrup

○ VEGAN KIDS (ALL DAY)

VEGAN CHEESE TOASTIE

VEGAN TEACUP SOUP

VEGAN KIDS BRUSHETTA

STRAWBERRIES & DF YOGHURT

○ VEGAN LUNCH (FROM 11 am)

VEGAN GRILLED CHEESE (ve)

relish / chilli jam

VEGAN SOUP (ve)

Served with crusty & df spread

VEGAN BRUSHETTA (ve)

Served with olive tapenade

VEGAN BLT CIABATTA (ve)

vegan bacon, mixed leaves, tomato served with pickled red onion & mayo

○ SEASONAL DISHES / SALADS (11am)

VEGAN HOUSE DRESSED SALAD (ve)

Mixed leaves, basil infused tomato, olives, pickled red onion & julienne cucumber

Served with crusty & df spread

VEGAN WINTER ROASTED BEETROOT SALAD (ve)

toasted sourdough topped with beets, v.yoghurt, rocket, seeds, apple, balsamic & chilli

○ TRAYBAKES

VEGAN & GF PECAN & CARAMEL BROWNIE

VEGAN FLORENTINE

○ VEGAN DRINKS

HOT DRINK MILK ALTERNATIVES (ve)

oat / soya / coconut / almond

VEGAN SMOOTHIES (ve)

made without dairy or honey

GLUTEN FREE MENU



○ GF BREAKFAST (8 am - 11 am)

GF SOURDOUGH (vg) (ve)

Served with butter / jam / marmalade / honey

GF PORRIDGE (vg) (ve)

Served with honey / maple syrup - add house topping

GF POACHED EGG BREAKFAST (vg)

Served with gf sourdough + add smoked salmon / bacon

GF MINICADO (vg)

Avo topped gf sourdough with p.egg & CHOICE of bacon / mush & tom/ halloumi

GF EGGS BENEDICT

Served with gf sourdough - bacon / ham

GF YARD FRY

bacon, tomato, mushroom, eggs & gf sourdough

○ GF BRUNCH (ALL DAY)

GF TOASTED BACON SANDWICH

relish / chilli jam / sauce

GF FRENCH TOAST (vg)

maple syrup / honey +add bacon +add greek yoghurt, berries & walnuts

GF ACAI BOWL (vg) (ve)

topped with strawberries, banana, walnuts & honey

GF HOMEMADE GRANOLA BOWL (vg) (ve)

served with greek yoghurt, strawberries & honey

○ GF KIDS (ALL DAY)

GF TOASTIE HAM / CHICKEN / CHEESE (vg)

GF TEACUP SOUP / GF KIDS STEW (SEASONAL)

○ GF LUNCH (FROM 11 am)

GF GRILLED CHEESE (vg) (ve)

relish / chilli jam / pesto mayo +add ham

GF SOUP (vg) (ve)

Served with toasted gf sourdough

GF BRUSHETTA (vg) (ve)

Served on gf sourdough

GF TUNA TOASTED SANDWICH

Gf sourdough, tuna mayo, emmental cheese, rocket & chilli jam

GF SMOKED SALMON & CREAM CHEESE

Toasted gf sourdough - smoked salmon, capers, rocket & lemon

○ SEASONAL DISHES / SALADS (11am)

GF HOUSE DRESSED SALAD (vg) (ve)

Mixed leaves, basil infused tomato, olives, pickled red onion & julienne cucumber

Served with gf sourdough

add chicken / halloumi / tuna

GF YARD BEEF STEW

Served with crusty & df spread

GF WINTER ROASTED BEETROOT SALAD (ve) (vg)

toasted GF bread topped with beets, feta, rocket, seeds, apple, balsamic & chilli

○ *GLUTEN DISCLAIMER*

We take all reasonable precautions to avoid any kind of cross-contamination. However, please be aware that flour and gluten products are present in our kitchens.

** If COELIAC - orders will take longer to prepare **

DAIRY FREE MENU



○ DF BREAKFAST (8 am - 11 am)

DF TOAST (vg) (ve)

Sourdough / granary / white - served with df spread / jam / marmalade / honey

DF PORRIDGE (vg) (ve) oat / almond / coconut / soya

Served with honey / maple syrup +add house topping

DF POACHED EGG BREAKFAST

Served with sourdough & df spread +add smoked salmon/ sausage / bacon

DF MINICADO

Avo topped sourdough & p. egg with CHOICE of sausage / bacon / mush & tom

DF SMASHED AVOCADO & EGGS

Served with sourdough & df spread - Poached / fried - +add bacon / sausage

DF YARD FRY

bacon, sausage, egg (poached / fried) tomato, mushroom, toast & df spread.

○ DF BRUNCH (ALL DAY)

DF FILLED CIABATTA / BAGEL

bacon / sausage or both served with relish / chilli jam (+add egg before 11am)

DF GRILLED BANANA BREAD (vg) (ve)

maple syrup / honey - +add df yoghurt, berries & walnuts +add bacon / sausage

DF ACAI (vg) (ve)

topped with strawberries, granola & honey

DF HOMEMADE GRANOLA BOWL (vg) (ve)

+add df yoghurt, strawberries, granola & honey

○ DF KIDS (ALL DAY)

TOASTIE HAM / CHICKEN

DF TEACUP SOUP / DF KIDS STEW (SEASONAL)

○ DF LUNCH (FROM 11 am)

DF GRILLED CHEESE (vg) (ve)

relish / chilli jam / pesto mayo +add ham

DF SOUP (vg) (ve)

Served with crusty & df spread

DF BRUSHETTA (vg) (ve)

Served with olive tapenade

DF TUNA CIABATTA

tuna mayo, rocket & chilli jam

DF SMOKED SALMON

Toasted sourdough (df spread) - smoked salmon, capers, dressed rocket & lemon

○ SEASONAL DISHES / SALADS (11am)

DF HOUSE DRESSED SALAD (vg) (ve)

Mixed leaves, basil infused tomato, olives, pickled red onion & julienne cucumber Served with crusty & df spread
+add chicken / tuna

DF WINTER ROASTED BEETROOT SALAD (ve) (vg)

toasted sourdough topped with beets, df.yoghurt, rocket, seeds, apple, balsamic & chilli

DF YARD BEEF STEW

Served with crusty & df spread

○ *DISCLAIMER*

We take all reasonable precautions to avoid any kind of cross-contamination. However, please be aware that dairy products are present in our kitchens.

** EXTREME ALLERGIES - orders will take longer to prepare **