

BREAKFAST

THREE MILLS TOASTED LOAF (GF)* *\$7*

Three Mills sliced loaf toasted with your choice of spreads

THREE MILLS TOASTED CROISSANT *\$7*

Three Mills toasted croissant with tomato and swiss cheese

CHIA & RICE PUDDING (DF, GF) *\$10*

Chia & rice pudding with seasonal fruits and black sesame coconut cream

SEASONAL FRUIT & TOASTED GRANOLA (DF) *\$10*

Seasonal fruit and toasted granola with house made coconut yoghurt

BEANS ON TOAST (GF)* *\$8*

House made harissa spiced beans on toast

AVO ON TOAST (GF)* *\$8*

With goats cheese and lemon on dark rye

EGG N' BACON ROLL (GF)* *\$10*

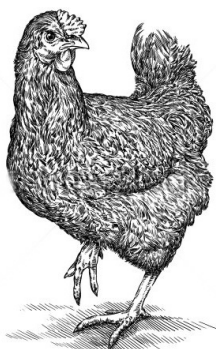
Fried egg, Pialligo Estate bacon and chilli jam roll

ACAI SMOOTHIE BOWL (DF) *\$16.5*

Acai, bananas, raspberries and coconut water with granola, strawberries and chia

COCONUT SMOOTHIE BOWL (DF) *\$16.5*

Coconut, mango, pineapple, passionfruit and coconut water, with granola, goji berries and chia



TURN OVER FOR LUNCH

**GF made fresh to order upon request +\$1*

HOUSE-MADE SANDWICHES

— ALL SANDWICHES \$11 —

AVO SANGA (GF)*

House-made zaatar spread, avocado, goats cheese, tomato & kale on sourdough grain

MIGHTY VEGE (DF, GF)*

Eggplant, beetroot, swiss chard and chilli pepper relish hummus on sourdough grain

CHICKEN SANGA (DF, GF)*

Poached chicken, alfalfa sprouts, tomato relish & toasted sesame on sourdough

PEPPERED BEEF SANGA (GF)*

House made peppered beef pastrami, caramelised onion, swiss cheese, spinach and chilli jam on sourdough grain

HOUSE-MADE SALADS

— ALL SALADS \$15 —

Roast eggplant, cherry tomatoes, crisp chickpeas, toasted grains, fresh kale, dried fruits and white bean hummus (DF)

Quinoa tabouleh, charred corn, lettuce, semi dried tomatoes, asparagus, persian feta (GF)

Szechwan masterstock poached chicken, crisp fresh vegetables and Apple tossed with toasted sesame dressing and crushed peanuts (DF, GF)

Organic soba noodle salad, house cured salmon and greens tossed with yuzu and miso dressing (DF)

TURN OVER FOR BREAKFAST

**GF made fresh to order upon request +\$1*