# MENU

# all day menu 8am - 2pm

Once you've found a table, please order at the register



Wild Ryes Sourdough Wild Ryes Fruit & Nut Gluten Free toast

Includes 2 slices, served  $\underline{w}$  your choice of spread.

#### Panna Cotta 16

House-made Panna Cotta  $\underline{w}$  XO toasted muesli (gluten free), with fresh berries, cocoa nibs, passionfruit, drizzled with maple syrup. VE / GF

#### Banana Pancakes 19.50

Fluffy Buckwheat Pancakes <u>w</u> fresh banana slices, mascarpone & caramel sauce. VE / GF

#### Avocado Toast | 19.50

Avocado on local sourdough with garlic butter, Tilba Persian fetta, Rocket, chili flakes & lemon wedge. VE

Add - poached egg | 3

### Eggs Benedict | 22.50

Two poached eggs and warm ham or bacon, on a toasted Ciabatta <u>w</u> garlic butter, drizzled with Hollandaise sauce.

Half serve | 14.50

#### Bruschetta 18

Slow Roasted Tomato, Basil pesto, fresh basil leaves & Parmesan on toasted Ciabatta. VE

Add - poached egg | 3

#### Eggs on Toast 15

two eggs on toast (fried, poached or scrambled) on local Wild Ryes Ciabatta.

#### Sides / Extras

Avocado, garlic mushrooms, Tilba dairy fetta, bacon, sausage, ham |4

free range egg, wilted spinach, grilled tomato, Hash brown, tasty cheese |3

#### BLT | 16.50

Crispy bacon, lettuce & tomato on a Turkish roll  $\underline{w}$  house dressing & garlic mayo.

Add - Avocado |4

#### Steak Sandwich 20

Tender steak, caramelised onion, lettuce greens, beetroot on a Wild Ryes turkish roll.

#### Mushroom Burger | 22

Grilled mushroom with vegan cheese, sauce, dill pickle, crunchy salad on Wild Ryes Turkish roll. VE  $/\,\rm V$ 

#### Linguini Stachinata 24

Fried Eggplant, crispy cauliflower, extra virgin Olive Oil & chili flakes. VE / V

#### Grilled Salmon Salad | 24

Crispy grilled salmon <u>w</u> pear, rocket & parmesan salad, drizzled with balsamic glaze.

#### Beetroot Salad | 20

Baked beetroot, orange, fetta, pomegranate on a bed of fresh lettuce. VE / V

# kids & small appetite

# Kids egg & bacon 11

One slice of toast, one fried egg and a piece of bacon.

#### Kids Pancakes 10.50

Two buckwheat pancakes with fresh banana slices, cream and maple syrup.

#### Small Appetite Breaky 11

One Slice of toast, one egg cooked your way, and a piece of bacon.

# DRINKS

#### **COFFEE**

SPECIALTY BLEND | MAPLE BY ONA

Cappuccino | cup 4.50 | mug 5.50 | Large 6.50

Latte | cup 4.50 | mug 5.50 | Large 6.50

Flat White | cup 4.50 | mug 5.50 | Large 6.50

Macchiato Double Shot |4.70

Espresso Double Shot |4.40

Long Black Double Shot | cup 4.40 | mug 4.40

Piccolo |4.40

Long black on ice |4.40 Latte on ice |5.50

Iced Coffee 19.50

Made on full-cream milk unless specified, vanilla ice cream & whipped cream

## CHOCOLATE & CHAI

Hot Chocolate | cup 4.50 | mug 5.50 | Large 6.50 | Mocha | cup 4.80 | mug 5.80 | Large 6.80

Prana Chai | cup 5.20 | mug 6.20 | Large 7.20 | Dirty chai | cup 5.90 | mug 6.90 | Large 7.90

## Iced Mocha 19.50

Made on full-cream milk unless specified, vanilla ice cream & whipped cream

#### Iced Chai 19.50

Made on full-cream milk unless specified, vanilla ice cream & whipped cream

#### **TEA**

Pot of tea for one |5 Pot of tea for two |9 English Breakfast, Earl Grey, Ceylon Orange, Pekoe, Rooibos, Green, Peppermint, Chamomile, Lemongrass, Chai.

# **SMOOTHIES** |9.50

#### Banana

Banana, oat milk, coconut yoghurt, cinnamon Add - Esspresso shot |0.80 Add - Honey, Peanut butter |0.70

#### Berry

Mixed berries, banana, oat milk, coconut yoghurt Add - Honey | 0.70

# MILKSHAKES | 9.50

Made on full cream milk unless specified, with vanilla ice cream

Chocolate, banana, caramel, strawberry, vanilla, lime or coconut

## JUICE | 5

Wild Organics juice by bottle (see display fridge)

# ALTERNATIVE MILKS | EXTRAS

soy, almond, oat, coconut, lactose free |0.80 Syrups - caramel, hazelnut, vanilla |0.80 honey |0.70 cacao |0.50 extra coffee shot |0.80