

# SOCIAL MANNA

## TOASTED BREAD.....7

\*sourdough \* fruit bread \* banana bread (gfo) \*  
\*mango coconut bread \* strange grains gluten free\*  
housemade jam, butter, vegemite, honey or peanut butter +.5

## DRAGON FRUIT SMOOTHIE BOWL.....17

with banana, seasonal fruit, cocoa granola, nut butter  
caramel (vegan, gluten free, a healthy option)

## MATCHA BIRCHER.....17

matcha and oat milk soaked oats, coconut yoghurt, plum  
compote, rose, hazelnut (vegan, a healthy option)

## OAT & RICE PORRIDGE ARANCINI.....17

saffron poached dwarf pears, rhubarb, pistachios, natural  
house made yoghurt (vegetarian, a healthy option)

## GRAIN FREE NUT GRANOLA.....18

with coconut yoghurt, fruit and nut cereal milk.  
\$12 granola and milk (vegan, gf, a healthy option)

## S'MOORS BISCOFF FRENCH TOAST.....18

chocolate brioche, handmade marshmallow, biscoff salt  
caramel, crumble & gelato

## SMASHED AVO MEZZE.....20

z'atar pide, avo + spinach smash, fermented vegetables,  
green harissa, preserved lemon cashew cream, dukkah nut  
granola (healthy option, vegan, gluten free bread + \$1.5)

## PHILLY CHEESESTEAK HOAGIE.....18

grilled steak, american style cheese, caramelised onion &  
peppers in a fresh baked hoagie roll, fries  
(can be gluten free)

## SOUTHERN FRIED CHICKEN BURGER.....18

signature southern fried chicken, asian pickle slaw, belly  
bacon, american cheese, sriracha mayo, fries

## FREE RANGE EGGS ON TOAST.....\$12

\* POACHED \* FRIED \* HERBED SCRAMBLED +\$1\*

### SIDES

\$6 each - \* american style belly bacon \* smoked salmon \*  
\* sausage patty \* avocado & spinach smash \*

\$5 each - \* garlic & thyme mushrooms \* potato hash \*  
\* sumac roasted cherry tomatoes \*

EXTRA EGG +3.50 EXTRA 2 EGGS +5

## SMOKED HAM AND 3 CHEESE CROISSANT.....8

shaved smoked ham, parmesan, mozzarella, aged cheddar

## BUDDHA BOWL.....12

brown rice, seasonal vegetable raw, pickled & fermented,  
avo, corn miso dressing, egg +3.5, chicken/salmon +6  
(gluten free, vegan, a healthy option)

## SAUSAGE ROLL.....12

pork, apple and sage sausage roll, house made chutney

## VEGETARIAN SAUSAGE ROLL.....12

moroccan spiced pumpkin, sweet potato & kale sausage  
roll, house made chutney

## FRENCH ONION & COUNTRY HAM QUICHE.....12

side salad, house made chutney

## MEDITERRANEAN VEGETABLE QUICHE.....12

side salad, house made chutney (vegetarian)

## BEEF & ONION PIE.....12

served with a side salad and house made chutney

## BUTTER CHICKEN PIE.....12

served with a side salad and house made chutney

## THE REUBEN.....12

house pastrami, pickled cabbage, russian dressing, swiss  
cheese on a toasted sourdough focaccia

## CHICKEN PARMA TOASTIE.....12

Poached chicken, smoked ham, napoli sauce, mozzarella,  
parmesan on a toasted sourdough focaccia

## BACON & EGG SARNIE.....12

crispy belly bacon, fried free range egg, house made  
chutney OR HP sauce, on toasted sourdough roll  
Add Cheese +1 (gluten free + \$1.5)

We are counter service. Please order & pay at the counter. Happy to separate bill "LOVE THIS". We are not a nut or gluten free kitchen, therefore we cannot guarantee no possible traces of these. If you haven't told us about your allergy you really don't have one right? We do however take allergies seriously & try our very best to suit all dietary requirements.

Alternate Milks NO SURCHARGE" like WTF!" totes obsessed with this! 10% Surcharge public holidays - sorry not sorry penalty rates @ \$50 + per hour!!! Amex no surcharge YAY! Please make us aware of any allergies as not everything is listed on the menu