

SOCIAL MANNA

BRUNCH

XO SAUCE CHILLI SCRAM.....\$23

House made XO sauce, scrambled eggs, chilli, crispy shallots, spring onion (contains scallops, shrimp, pork)

BREAKFAST PULLED PORK TAMALES.....\$23

Corn tamale- (Colombian corn bread), Colombian pulled pork and beans, fried egg, salsa Aji (nut and gluten free)

TOASTED BREAD.....8

*sourdough * fruit bread * banana bread (gfo) *

*mango coconut bread * strange grains gluten free*
housemade jam, butter, vegemite, honey or peanut butter +.80

SMASHED AVO.....22

Avocado & spinach smash on sourdough, zucchini, broccolini, tomato, halloumi, green goddess dressing (gf +1.5, can be vegan, this is a healthy option)

BACON & EGG ROLL.....14

Crispy belly bacon, fried free range egg, house made chutney, on toasted sourdough roll, cheese (gluten free + \$1.5)

TURKISH EGGS.....23

Poached eggs, garlic labneh, muhammara, lamb kofta, turkish bread. (Contains nuts. Veg option available)

OAT & RICE PORRIDGE ARANCINI.....18

Yoghurt custard, fruit compote, apples, candy pecans, maple (vegetarian, this is a healthy option)

GRANOLA POTS.....12

Grain & gluten free granola, yoghurt, fruit compote (gf, can be vegan, this is a healthy option)

BIRCHER POTS.....14

Spiced vegan bircher, yoghurt and fruit compote (can be vegan, this is a healthy option)

FRIED CHICKEN & WAFFLES, BOURBON WHIPPED

BUTTER, MAPLE.....\$23

Southern fried chicken, butter waffle, bourbon whipped butter, maple syrup. Add bacon +6

EGGS & SIDES

FREE RANGE EGGS ON TOAST.....\$13

* POACHED * FRIED * HERBED SCRAMBLED +1

\$6 EACH - *american style belly bacon * smoked salmon * sausage patty * avocado & spinach smash * \$6.50 - basket of chips

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

EXTRA EGG +4 EXTRA 2 EGGS +6

FROM THE FRIDGE

SMOKED HAM AND 3 CHEESE CROISSANT.....9

BUDDHA BOWL.....14

Rice, seasonal vegetable raw, pickled & fermented, avo, corn miso dressing, egg +4, chicken/salmon +6 (gluten free, vegan, this is a healthy option)

SAUSAGE ROLL/VEGETARIAN SAUSAGE ROLL.....12

Pork, apple & sage / spinach & ricotta, comes with house made chutney (small salad +3)

SALAD SPECIAL.....14

QUICHE SPECIAL & CHUTNEY-12 + SIDE SALAD -15

PIE SPECIAL & CHUTNEY-14 + SIDE SALAD- 17

THE REUBEN.....13

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

CHICKEN PARMA TOASTIE.....13

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

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