



## breakfast menu

Our menu is gluten free using in-house breads and fresh locally sourced ingredients.

### BREAKFAST SAMMY

Lockwood Farms fried egg and Four Quarters peppercorn bacon on our kaiser bun with house made pesto, aioli and dijon.

### WONDER WAFFLES

Sprouted and wild fermented organic quinoa waffles topped with housemade seasonal fruit compote, organic maple syrup and coconut cream.

### BANANA COCONUT FRENCH TOAST (V)

Thick slices of our famous sourdough topped with housemade seasonal fruit compote and organic maple syrup

### EXTRAS

coconut whip	fruit compote
four quarters bacon	farm fresh egg
a sausage	toast