



**BREKKIE NEEDS TO POWER YOUR DAY, LUKE HAS GOT YOU COVERED. ENJOY.**

### QUICK BITES

#### GRILLED SOURDOUGH

##### GLUTEN-FREE BREAD (V, GFO)

Choice of Luke's Kitchen raspberry jam, honey, peanut butter or Vegemite \$10.5

#### FRESHLY BAKED CROISSANT (V)

Choice of Luke's Kitchen raspberry jam, honey, peanut butter or vegemite \$10  
Ham, cheese and tomato \$17

#### CHOPPED FRUIT BOWL

Cashew granola, coconut yoghurt \$22

#### BREAKFAST SALAD

Buffalo mozzarella, hard-boiled egg, avocado, roast sweet potato, cherry tomato, grape, pomegranate & vincotto dressing \$24

#### MAPLE SPICED GRANOLA (V)

Poached peaches, fig, fresh berries, coconut yoghurt \$23

#### BACON AND EGGS

Fried eggs, hash brown, grilled sourdough \$21

#### SMASHED AVOCADO (V)

Miche bread, tomato, feta, radish & watercress \$24  
ADD poached egg +4.5

#### TWO SOFT BOILED ORGANIC EGGS

Grilled zucchini, truffled salt, and buttered sourdough soldiers \$24

### CONTINENTAL BREAKFAST TABLE \$30

Includes two beverage

### MAKE YOUR WAY

#### EGGS YOUR WAY \$9

Fried, Poached, Scrambled

Grilled bacon \$10

Chorizo sausage \$9

Roast tomatoes \$8

Hash browns \$7

Mushrooms \$10

Smashed avocado \$9

Smoked Salmon \$14

### A LA CARTE

#### CRUMPETS WITH POACHED STRAWBERRIES

Vanilla crème fraiche & honey \$22

#### TOASTED BANANA BREAD

Spiced plums, almonds & natural yoghurt \$24

#### OMELETTE OF SPANNER CRAB

Fine herbs, tomatoes, watercress \$32

#### CHEESY TRUFFLE TOASTIE

Zucchini pickle, mixed leaf salad \$22  
ADD fried egg +4.5

#### ZUCCHINI FRITTER

Seared haloumi, smoked salmon, tomato relish \$24

#### EGGS BENEDICT

Double smoked ham or smoked salmon, chilli kale, hollandaise, English muffin \$26

#### BREAKFAST BURGER

Sausage patty, bacon, fried egg, cheese, onion jam \$22

#### BIG BREAKFAST (GFO)

Fried eggs, bacon, chorizo, hash brown, mushroom, roast tomato, smashed avocado, grilled sour dough \$36



### MOTHERSKY COFFEE

Coffee \$5.50

Oat, Almond, Soy, Lactose Free \$0.50

**MotherSky Coffee is all about honouring daily rituals and old tradition and inspired by modern taste - We can't think of a better way to start our day!**

### T TOTALER TEA

Pot of Tea \$5.50

English Breakfast  
French Earl Grey  
Peppermint  
Oolong

Lemon Ginger  
Chamomile Blend  
Sencha

**T Totaler Tea is specially blended to provide a balance between taste, smell and nutrition. Each combination is 100% locally sourced and designed to your needs.**

### LUKE'S KITCHEN JUICES | \$9

#### Luke's Daily Detox

Vitamin C, Apple Cider Vinegar, Orange, Ginger Turmeric

#### Luke's Glow

Bamboo Silica, Vitamin C, Aloe Vera, Pomegranate, Lemon

#### Luke's Ginger+

Ginger, Lemon, Cayenne Pepper, Vitamin C

**Give your digestive system a much-needed break and allow your body to detox, heal, restore, and rejuvenate with our Luke's Kitchen health shots.**

**Hydrate your body with 100% raw nutrients, minerals, and probiotics to bring your physical and mental being back to its natural state.**

### JUICES | \$7

Pineapple  
Orange  
Cloudy Apple