



100 % plant based menu!

lunch mains

12pm - 3pm

CHICKEN PARMA SANDWICH

Chargrilled aubergine, chicken, marinara sauce, smoked cheddar, sun-dried tomato aioli & rocket in ciabatta with handcut fries 22

QUINOA BOWL

Herbed quinoa, smoked tofu, zucchini & chive pesto noodles, dehydrated kale, avocado, spiced pumpkin seeds, lemon garlic tahini dressing (gf) 22

CAPRESE NOLITA

Bocconcini, semi-dried tomato, cherry tomato, avocado, rocket, toasted pine nuts, balsamic reduction, micro basil & herb aioli (gf) 21

snacks 12pm - late

FRIES

with herb aioli (gf, nf) 10

LOADED FRIES

Fries topped with Bolognese, spring onions & herbed cream cheese (nf) 16

APPLE FRITTERS

Sliced apple fritters with cinnamon dust, toasted almonds & salted caramel sauce (nf*) 12

GARLIC FLATBREAD

Sourdough flatbread with sea salt, herbs, olive oil drizzle 9
add house mozzarella 3

brunch 8am - 3pm

SMOOTHIE BOWL

Banana berry, coconut yoghurt smoothie, with toasted coconut, buckwheat seed granola (gf) 13

AVOCADO BAGEL

Avocado mash, cherry tomato, sun-dried tomato, spiced toasted pumpkin seeds, olive tapenade cream cheese, rocket & radish on a sourdough bagel 16

SOURDOUGH PANCAKES

Choose from:

Poached plum, berry compote, creamy lemon curd, toasted shaved coconut 17

Grilled banana, facon, Canadian maple syrup, chocolate sauce 17

HASH STACK

Herbed hash cake, grilled cheese, portobello steak, wilted greens & hollandaise (gf*) 18

brunch sides

House baked beans 6
Facon 6

P'Lant chorizo 6

P'Lant sausage (1) 4

Portobello mushroom 6
Smoked tofu 6

Avocado 6

Wilted greens 6

Rye sourdough 5

Cashew hollandaise 2

Herb aioli 2

Onion jam 2

pizza 12pm - late

Our sourdough pizzas are fermented for 48 hours for our healthier take on the delicious Neopolitan pizza. Choose our regular base, or house made gluten free sourdough base. Our cheeses are also all made in house! Please note we are unfortunately unable to cater for coeliac due to making all our dough from scratch.

MARGHERITA

Pomodoro sauce, house bocconcini, fresh basil & olive oil 21

PIZZA ROSSA

Pomodoro sauce, semi-dried tomato, cherry tomato, roasted red pepper, rocket, parmesan 20

POLLO

Pomodoro sauce, shredded chicken, mozzarella, Spanish onion, smoked cheddar & herbed cream cheese swirl 24

TUTTO CARNE

Pomodoro sauce, sausage, crumbled chorizo, spicy pulled brisket, onion jam, mozzarella & parmesan 25

PICANTE

Pomodoro sauce, nduja (spreadable spicy sausage), pulled brisket, roasted red pepper, peperoncino oil & mozzarella 24

SHAKSHUKA

Slow cooked red pepper, cumin & tomato sauce, chorizo sausage, herbed cheese quenelle, crispy chickpeas & parsley, with Shelley Bay rye sourdough (gf*) 19.5

THE SCRAMBLE

Herbed scrambled tofu, creamy coconut wild mushrooms, chives & shaved parmesan, on toasted Shelley Bay rye sourdough 18
add facon 6

THE BIG BREAKFAST

Scrambled tofu, sausage, creamy wild mushrooms, house beans, wilted greens, herbed hash cake, semi dried tomato, crispy chickpeas & hollandaise, with toasted Shelley Bay rye sourdough 22

PIZZA PATATINE

Garlic purée, rosemary, shaved potato, Spanish onion, smoked cheddar & parmesan 23

SICILY

Pomodoro sauce, mozzarella, kalamata olives, aubergine anchovies, crispy capers, Spanish onion 23

VERDE

Cavolo nero & chive pesto, green olives, artichoke, green beans, mozzarella, lemon zest, toasted pine nuts 22

PARMIGIANA

Pomodoro sauce, mozzarella, smoked cheese, grilled aubergine, parmesan, olive oil, fresh basil 23

TARTUFO

Creamy mushroom sauce with wild mushroom, smoked cheddar, truffle oil & parmesan 24