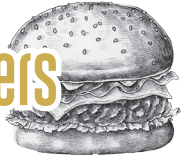


burgers



ROYALE WITH CHEESE

Double seitan 'meat' patty, burger sauce, pickles, vegan cheese, lettuce & tomato, with fries (v, nf) \$22

'CHICKEN' TIKKA

Sunfed 'chicken' tikka spiced patty, with red onion, pickles, red pepper, greens & mustard aioli, with fries (v, gf*, nf) \$22

THE BFC: BOTANIST FRIED CHEESE

Crumbed halloumi, smoky BBQ sauce, housemade facon, smoked cheddar, red cabbage & carrot slaw, with fries (nf) \$22

BREAKFAST BURGER

Hash brown, fried egg, housemade facon, spinach, tomato, hollandaise & BBQ sauce in an English muffin, with fried potatoes (nf) \$19

VEGAN BREAKFAST BURGER

Hash brown, soy sausage, housemade facon, spinach, tomato, vegan hollandaise & BBQ sauce in an English muffin, with fried potatoes (v, nf) \$19

juices/smoothies

SIMPLY SQUEEZED SMOOTHIES

Spirulina Slam: Spirulina, apricot, apple, orange & banana \$8.5

Very Berry: Strawberry, blackberry, boysenberry, apple & banana \$8.5

HAVANA BROTHERS COLD
PRESSED JUICES \$8.5

Ask staff for our current flavours

brunch cocktails

MIMOSA

Terra Di Marca Organic Prosecco & orange juice \$10

THE BLOODY LYALL

Finlandia vodka, Oscar 697 vermouth, tomato juice, paprika, fresh lemon & lime, Worcestershire & spices \$14

lunch mains

CHIA & GRANOLA BOWL

Cinnamon chia coconut yoghurt, plum & pear compote & a goji berry, fig, quinoa flake & tahini housemade granola (v, gf, af) \$13

ROASTED CAULI SOUP

Roasted cauliflower with tarator & sumac, served with toasted sourdough (v, gf*) \$12

EGGS ON TOAST

Poached, scrambled or fried eggs on sourdough or five grain (gf*) \$10
add hollandaise (gf, af, nf) \$2
add vegan hollandaise (v, gf, af) \$3
add facon (v, nf) \$5

BUCKWHEAT PANCAKES

Choose from: Plum & pear compote, banana, salted caramel cream cheese (v, gf, af, nf*) \$16.5

Or: Housemade facon, banana, maple, salted caramel cream cheese (v, nf*) \$16.5

THE HASH

Cubed pan-fried potato & kumara, with seasonal pan-fried greens, poached eggs & hollandaise (gf, af*, nf) \$18

THE VEGAN HASH

Cubed pan-fried potato & kumara, with seasonal pan-fried greens, Gado Gado tofu & vegan hollandaise (gf, af*, nf) \$18

AVOCADO TOAST

Avocado mash, Angel Food cream cheese, semi-dried tomato, pickled red onion, basil & toasted sunflower seeds on Turkish bread (v, gf*, nf*) \$17
add poached eggs \$6
add halloumi \$6

SUPERFOOD BOWL

Roasted beetroot, marinated tempeh, quinoa, avocado mash, toasted seeds, edamame, rocket & baby spinach (v, gf, af*) \$23

THE REUBEN

Housemade vegan pastrami on sourdough rye, with sauerkraut, pickles, Angel Food cheddar, mustard aioli & with Proper crisps (v, nf) \$15

VEGANISE ME

Avocado mash, housemade facon, hash brown, wilted spinach, black beans, soy sausage, roasted tomato, battered jalapeños & vegan hollandaise, on toasted five grain or sourdough (v, nf) \$22

THE BIG LYALL

Free-range eggs, housemade facon, hash brown, wilted spinach, black beans, soy sausage, roasted tomato, battered jalapeños & hollandaise, on five grain or sourdough toast (nf) \$23

GREEN APPLE SUNFED SALAD

Sunfed 'chicken', pickled green apple, roasted parsnip, celeriac, crispy rosemary, cavolo nero, rocket & avocado coconut cream (v, gf, nf) \$22

'FISH' & CHIPS

Battered banana blossom 'fish', chunky chips, pea & mint purée with tartare sauce, charred lemon & pea shoots (v, gf, af*, nf) \$23

HERB SALTED FRIES

Fries with vegan aioli (v, gf, af, nf) \$9

LOADED FRIES

Fries with gravy, jalapeños, Angel Food feta & crispy shallots (v, gf, nf) \$13

v = vegan; v* = vegan on request; af = onion & garlic free, af* = on request; gf = gluten free or on request, not suitable for coeliac; gf* = gluten free bread \$2 extra; nf = nut free; nf* = on request,

please inform staff of any allergies or dietary requirements

sides

Eggs (2) \$6

Facon (housemade vegan bacon) (v, nf) \$5

Sourdough/five grain (2) (v) \$4

Gluten free bread (1) (v) \$2

Avocado mash (v, gf, nf) \$6

Soy sausage (v, af, nf) \$3

Portobello mushrooms (v, gf, af, nf) \$5

Black beans (v, nf, gf) \$4

Wilted spinach (v, gf, af, nf) \$4

Halloumi (gf, nf, af) \$6

Roasted tomato (v, gf, af, nf) \$4

Battered jalapeños (v, af, nf) \$4

Hash browns (2) (v, nf, af) \$5

Vegan aioli (v, gf, nf) \$2

Hollandaise (gf, af, nf) \$2

Vegan hollandaise (v, gf, af) \$3