

The Belongil

Muffins		6	
Banana bread (v)		10	
toasted, with coconut yoghurt and local honey			
Ciabatta or seeded gluten free toast (v) go to fixed board	7.5	8.5	
butter and spiced organic berry jam, vegemite, local honey or peanut butter			
Home made toasted muesli (ve)		16	
toasted oats, nuts and dried fruits, vanilla apple puree, house coconut yoghurt and chilled fresh coconut milk			
Hot wholemilk porridge (v)		16	
oats, non-homogenised cows milk, Fiji vanilla bean and berry compote			
Bacon and egg / Avo and egg roll (gf available)		14	
smoked bacon or avocado, egg, baby spinach, aioli* and relish in wholemeal Turkish (add avocado smash +2)			
Coconut hotcake (v, gf)		21	
toasted nuts, pure maple, fresh berries, passionfruit, and coconut yoghurt			
Avocado bruschetta (v)		18	
avo smash on ciabatta, coconut feta, sprouts, soft herbs and toasted seeds with poached eggs			
Tassie (gf)		24	
smashed avo, fresh spinach, Tasmanian smoked salmon (or smoked bacon), poached eggs and aioli* on gluten free toast			
Haloumi and asparagus (v)		20	
grilled haloumi, asparagus, raw spinach, poached eggs, toasted ciabatta and lemon dressing			
Poached or scrambled eggs with toast (gf available +2)		13/15	
two eggs, relish and toasted ciabatta			
sauteed spinach	3.5	Tasmanian smoked salmon	7
hash brown	4	smoked bacon	5
dressed tomato	4	Coconut feta	4
avocado	4	grilled haloumi	4
relish / aioli* / spreads	2	free range egg	3.5
Poké (gf)		22	
avocado, fresh salmon, brown rice, kimchi, cucumber, black sesame, pickled ginger and ponzu dressing. Add poached egg +3.5			

Gado gado (gf)		21
shredded vegetables, beansprouts, crisp tofu, soft boiled egg, coriander, crispy onion and satay sauce		
Salt n' pepper squid (gf)		22
fried calamari, nam jim coleslaw, sprouts and herbs		
Mexican sweet potato salad (ve,gf)		18
black beans, charred corn, crunchy sweet potato, tomato, avocado, coriander roasted gold eshallots, chilli flakes, coconut feta and lime (add chicken +5)		
Thai fish cakes (gf)		20
fresh salmon fishcakes and a salad of betel leaf, coriander, shallots, cucumber, mint and nam jim dressing		
Beef burger		19
Hayters Hill beef, double cheddar, smoked bacon, aioli*, tomato relish and pickle		
French fries or Sweet potato fries with aioli* (ve, gf)	8	10
Kombucha organic GM free elixirs		
Probiotic Kitchen Blueberry Pie – blueberries, jasmine, vanilla, stevia		7
Probiotic Kitchen Ginger Ninja – jasmine, green, black, stevia		7
Cold press juices by Sol Cleanse		
Red carrot, beetroot, apple, lemon and ginger		9
Green kale, spinach, cos, cucumber, apple and lemon		9
Pink strawberry, lime, mint and apple		9
Smoothies dairy free, made here		
Banana Velvet		11
banana, vanilla bean, date, macadamia butter, cinnamon and org. almond milk		
Lip Smacker		11
org. strawberry and mango, chia seed, OJ, coconut water, orange blossom		
Supergreen		11
spinach, basil, celery, cucumber, kiwi, pear, apple, coconut water, banana and spirulina		
Any milk non-homogenised cow, org. almond/coconut or Bonsoy		
Iced coffee double shot over ice, milk, coconut sugar, cinnamon cacao		7
Iced latte double shot over ice with milk		4.5
Iced mocha double shot over ice, chocolate, milk, cinnamon cacao dust		7
Iced chocolate cacao, mesquite, coconut sugar, milk, cinnamon cacao		7
Iced chai Living Chai over ice, milk, cinnamon cacao dust		7
Hot chocolate cacao, mesquite, coconut sugar and your choice of milk		5
Living Chai latte	4	5
cardamom, cloves, cassia, ginger, nutmeg, star anise, liquorice, black tea		
Golden Latte	5	6
organic ground Tumeric, a little cracked black pepper, almond milk, honey		

Mayde Tea | 100% organic farm grown

English breakfast black tea from India and Sri Lanka	4	5
Digest peppermint, licorice, fennel and calendula	4	5
Sencha jasmine and rose green sencha, jasmine flowers and rose petals	4	5
Earl Grey black tea blended with bergamot	4	5
Chai black tea, cinnamon, cardamom, star anise, pepper, ginger and clove.	4	6

Campos Coffee seasonal blend | PNG, El Salvador, Rwanda

Regular large	4	5
Bonsoy double shot	+ .5	
Broken Head Company organic almond milk/coconut milk	+1	
Babycino	2	

Chilled

Freshly squeezed Aussie OJ		7
San Pellegrino sparkling mineral water 500 ml / 1 litre	4	8
Mount Warning still mineral water 500 ml		4

Alcohol

Bloody Mary tall glass, Absolut vodka, tomato juice, bit of chilli, celery salt etc.		15
Espresso martini double shot coffee, vodka, kahlua		15

Coopers pale ale	7.5	
Asahi	7	
Peroni	8	
Stone & Wood pacific ale	8.5	
Coopers light	7	

Bandini Prosecco, Veneto Italy	10	44
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Dalz Otto pinot grigio, King Valley VIC	9	42
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Printhie chardonnay, Orange NSW	9	42
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Wild Rock sauvignon blanc, Marlborough NZ	9	42
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Lavau Rosé, Rhone Valley France	10	44
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Black Chook shiraz, McLaren Vale SA	9	42
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Penny's Hill cabernet sauvignon, McLaren Vale SA	9	42
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Totara pinot noir, Marlborough NZ	9	42
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