

Swell café

Muesli12	Garden omelette19
Sonoma maple and spelt muesli - milk - honey - grated coconut	Four eggs - herbs - baby spinach - tomato - Spanish onion - feta
Pancakes18	Eggs Benny18
Berries & maple syrup or bacon & scrambled eggs	Norwegian smoked salmon or bacon
Eggs on toast11	Crumbled feta14
Scrambled, poached or fried	Sourdough - avocado - feta - micro herbs - lemon honey mustard dressing
Berry yoghurt crunch 99% fat free ..yoghurt- berries-baked granola-honey.....8	Salmon18
Hash stack8	Smoked Tassie salmon - avocado - goats cheese - mesclun - Spanish onions - sourdough bread
Bacon - hash browns - sautéed baby spinach - fried free range eggs w/ special sauce	Mushroom deluxe15.5
Protein	Sautéed mushroom - baby spinach - Spanish onions - chilli - sourdough - free range egg
start 18	Guacamole12
Two avocado halves - poached eggs – spinach - prosciutto	Served w/ crispy flatbread
Brekkie	Club sandwich17.5
roll10	Bacon - tomato - cheese - lettuce - aioli w a side of fries
Free range eggs - prosciutto - brekkie sauce - milk bun	Wagyu beef burger15
Brekkie	Grain fed wagyu beef - prosciutto - cheese - spicy relish - Mustard mayo - lettuce - milk bun
taco15	Peri peri chicken burger15
Scrambled free range eggs - chorizo - Spanish onion - avocado - coriander - smoky chipotle mayo - soft tortilla	Cayenne Spiced Free range fillet - double cheese - lettuce - spicy sauce - Spanish onion - tomato - mayo - milk bun
Vegetarian brekkie taco - 2 soft tortillas- falafel balls- hummus-saffron cabbage-chilli-hummus- cheese-tomato onion salsa-.....15	
Kids meals ... french fries and ketchup \$5 - Scrambled eggs and toast \$5 - 3x pancakes and honey \$5 - Ham and cheese toasted triangle \$5 Baby milkshake \$5	

Sides & Add ons

Slice of bread.....2	Chorizo4.5
Avocado.....4	Salmon 5
Bacon.....4.5	Egg 2.5
Chicken.....4.5	Potato chips6
Crispy Prosciutto.....5	Sweet potato chips7.5
Sautéed spinach..... 4	Falafel.....2

Drinks

100% Arabica beans, our house speciality roast "Foundry Espresso" roasted locally

Coffee your way	3.5	Almond breeze	0.5
Extra shot	1	Tea	4
Hot chocolate	3.5	Green tea, Earl Grey Peppermint, English breakfast, Lemon ginger	
Bon Soy.....	0.5		

Juices 7

Orange, apple, ginger, pineapple, beetroot, carrots

Smoothies 8

Berry good workout

Strawberries, blueberries, raspberries, watermelon, coconut water (162 cal)

Banana Berry

Blueberries, banana, manuka honey, bon soy and low fat yoghurt (177 cal)

Green smoothie

Spinach, green apple, cucumber, mint, ginger, coconut water (106 cal)

Cacao goodness

Raw cacao powder, banana, cinnamon, vanilla ice cream, ice and low fat milk (210 cal)

Add protein powder 3

Milkshake 7

Vanilla, Caramel, Chocolate, banana or Strawberries

Beer 9

Corona, *Mx* or Peroni, *Ita*

Wine 10

Matakana, Sav blanc, *Marlborough NZ*

La Vue, Grenache Rose, *Nagambie VIC*

Gang of Two, Cabernet Malbec, *Multi region SA*

McPherson Brut, Pinot noir chardonnay, *Nagambie VIC*