



breakfast MENU

until 11:30 am - weekdays

until 2:00 pm - weekends

henry & rose are excited to serve your breakfast with local keith free range paddock eggs 'earth eggs'. we hope you enjoy the produce as much as we do.

VAN LEUVEN ORGANIC SOURDOUGH TOAST 2 slices with the choice of spreads
\$6.9

VAN LEUVEN IRISH BAIN BREAC a traditional fruit toast w jam & butter 2 slices
\$7.9

HOMEMADE FRUIT AND NUT TOASTED MUESLI w yoghurt & milk
\$11.9

TOASTED CROSSIANT ham & cheese or tomato & cheese
\$7.5

BLT CROSSIANT served with aioli
\$8.9

EGG & BACON TOASTED SANDWICH plain or with tomato or barbecue sauce
\$7.5

PANCAKE STACK served with maple syrup & cream
\$13.9

BEETROOT HUMMUS poached eggs garlic sourdough, rocket, topped hazelnut dukkah & sticky balsamic glaze
\$14.9

EGGS BENEDICT CLASSIC poached eggs, spinach, sliced ham, hollandaise, sourdough
\$14.9

EGGS BENEDICT SMOKED SALMON poached eggs, spinach, hollandaise, sourdough bread
\$15.9

EGGS FLORENTINE poached eggs, baby spinach topped with hollandaise sauce
\$13.9

BIG BREAKY eggs your way , bacon, tomato, mushrooms & hash browns sourdough
\$19.9

'EGGS YOUR WAY' on organic sourdough toast (poached, scrambled, fried)
\$8.9

VEGIE BREAKFAST BURGER poached egg, avo smash, haloumi, spinach and chutney with a side of roasted balsamic tomatoes
\$15.9

ON THE SIDE

bacon	\$4.0	haloumi	\$4.0
avocado	\$2.5	chorizo	\$4.0
balsamic roast tomato	\$2.5	mushrooms	\$3.0
smoked salmon	\$4.0	hash browns (2)	\$2.5
baked beans	\$3.5	hollandaise sauce	\$2.0
baby spinach	\$2.0	ice cream	\$2.0



EARTH EGGS
Earth's Tastiest Paddock Eggs

Lunch MENU

until 2:00 pm

GARLIC BREAD (serves 3)

\$6.0

SOUP OF THE DAY (see blackboard) homemade soup with van leuven sourdough bread

\$10.9

BEER BATTERED CHIPS bowl of crispy chips served with aioli or tomato sauce

\$6.9

SEASONED WEDGES bowl served with sweet chilli sauce & sour cream

\$7.9

CHICKEN NUGGETS & CHIPS 6 nuggets & small serve of chips & sauce

\$8.5

PIZZA ham, cheese & pineapple

\$6.9

ROASTED PUMPKIN & WALNUT BRUSCHETTA garlic grilled sourdough, rocket, sticky balsamic glaze & fetta

\$12.9

HALOUMI, BALSAMIC TOMATO & MUSHROOM BRUSCHETTA garlic grilled sourdough, rocket & sticky balsamic glaze

\$13.9

CHICKEN & FETTA FILO PARCEL served with creamy mushroom & white wine sauce, & a side salad

\$16.9

MAPLE-ROASTED PUMPKIN & CHICKEN SALAD served with a sweet mustard dressing

\$15.9

PEAR, ROCKET & WALNUT SALAD with parmesan, red onion and poppy seed dressing

\$11.9 add chicken \$4.0

BEETROOT, PUMPKIN & RED CABBAGE SALAD with baby spinach, carrot, alfalfa topped with house-made hummus, pepitas & pine nuts

\$13.9 add chicken \$4.0

GOURMET STEAK SANDWICH - served with salad, chips & side aioli
scotch fillet, bacon, egg, cheese, caramelised onion, tomato, rocket, house-made seeded mustard dressing

\$18.9

SALT & PEPPER SQUID with salad & chips served with lime & ginger aioli

\$16.9

BURGERS

served with chips & side aioli

HOUSE-MADE BEEF PATTIE, bacon, caramelised onion, tomato, lettuce, beetroot, cheese with spicy aioli & pickle

\$16.90

GRILLED CAJUN CHICKEN with avocado salsa, baby spinach, lime & ginger aioli

16.90

or go for a vegetarian option & replace chicken with haloumi

continued lunch MENU

last meal orders 2:00 pm

BAGUETTES

SMOKED SALMON red onion, avocado, baby spinach, horseradish cream
\$10.9

CHICKEN CAESAR chicken, bacon, lettuce, parmesan & homemade caesar dressing
\$9.9

BLT bacon, lettuce, tomato, aioli
\$9.9

VEGETARIAN roasted pumpkin, rocket, avocado, fetta & caramelised onion
\$9.9

HAM, CHEESE & TOMATO sliced ham, cheddar cheese & tomato
\$8.9

GRILLED TURKISH BREAD

ROASTED PUMPKIN fetta, rocket, red onion, sundried tomato, pine nuts, cheese
\$10.9

GOURMET CHICKEN avocado, swiss cheese, baby spinach, roasted capsicum, aioli
\$10.9

BACON MELT baby spinach, tomato, avocado, red onion, cheese, aioli
\$10.9

SANDWICHES

MEAT ham or +\$2 chicken or smoked salmon

FILLINGS cheese, lettuce, tomato, carrot, onion, avocado, cucumber, mushroom,
pineapple, spinach

EXTRAS toasted + \$1, gluten free bread + \$1,

COMPLEMENTARY mustard, aioli, butter, chutney

1 meat & 1 filling	\$4.5
1 meat & 2 filling	\$5.0
1 meat & 3 filling	\$5.5
1 meat & 4 filling	\$6.0
no meat & 4 filling	\$4.7

MAHALIA COFFEE

Boutique coffee from the Limestone Coast, Mahalia coffee is a family run boutique roasting house based in the pristine seaside village of Robe on South Australia's famous Limestone Coast.



HOT DRINKS

short black	\$3.4
cappuccino	\$3.8
flat white	\$3.8
cafe' latte	\$3.8
long black	\$3.8
short macchiato	\$3.8
long macchiato	\$4.4
vienna coffee	\$4.7
mocha	\$4.4
affagato	\$4.7
hot chocolate	\$3.8
chai latte	\$3.8
babycino	\$1.5
pot of tea	\$4.0
pot of tea for 2	\$7.2

COLD DRINKS

milkshakes	\$5.0
thickshakes	\$6.0
smoothie	\$7.5
<i>(see blackboard for flavours)</i>	
iced coffee	\$5.0
iced chocolate	\$5.0
spiders	\$6.0
lemon, lime & bitters	\$4.5

EXTRAS:

mug	\$0.6
large	\$1.3
soy	\$0.7
syrups	\$0.7
double shot	\$0.7
decaffeinated	\$0.7

complimentary rainwater available

loose tea MENU



DID YOU KNOW...

Tea is rich in anti-oxidants. Anti-oxidants are the free radical 'vacuum cleaners' that travel through the body and prevent or slow down oxidation in the body neutralising the damaging effects of free radicals that can lead to all kinds of diseases and pre-mature ageing.

BLACK TEA *infusion time 2-4 minutes*

english breakfast-classic black tea blend, a marvellously dark infusion with a malty spiciness

english earl grey blueflower - black tea flavoured with bergamot, mallow blossoms & cornflower blossoms, more exotic than the standard earl grey

HERBAL ORGANIC TEA *infusion time 2-5 minutes*

peppermint - an infusion with a high content of etheric-oils which leaves a strong pleasant aroma assists with digestion, & helps relieve bloating, also anti-bacterial properties

GREEN TEA *infusion time 2-3 minutes*

champagne sencha - this extraordinary green tea blend, has a opulent, light, sweet, and fruity champagne flavour the blend of green sencha tea, strawberry slices, & roman chamomile give this tea the champagne flavour

quince sencha - china green sencha flavoured with fruit of quince not only do you get the great benefits of green tea, but also the fruity flavour of quince

WHITE TEA *infusion time 2-3 minutes*

china jasmine downey pearls - "Buddha's tears", are hand rolled with jasmine blossoms, white tea has the most anti-oxidants of all teas