

# OPEN SUNDAY TO THURSDAY FROM 7AM UNTIL 10PM FRIDAY AND SATURDAY FROM 7AM UNTIL MIDNIGHT **BREAKFAST SERVED UNTIL 2PM**

check the chalkboard for daily specials

### **TOAST WITH PRESERVES | 7**

choice of: rye, sourdough, house made brioche or gluten free

### FREEFORM FRUIT LOAF | 8

#### FOAM STYLE PORRIDGE OR MUESLI | 12

with banana, mixed berries, nuts, yoghurt, honey GF DFA P add soy or almond milk +1

### **AVOCADO SMASH | 15**

with fetta, lemon and mint on rye toast GFA DFA V

### WILD MUSHROOM TRIO | 15

on brioche with poached egg and chives V

### THE OXFORD | 17

foam's famous egg white omelette, spanish chorizo, spinach, fetta and tomato relish VA

# FLOWER EGGS | 17

two eggs cooked in capsicum rings, avocado smash, shallots, wilted spinach GF DF V

### THE FULL ENGLISH | 23

two fried eggs on sourdough, house smoked bacon, tomato, blood sausage and house made baked beans

## **CANADIAN PANCAKES | 15**

fluffy buttermilk pancakes, authentic canadian maple syrup and house smoked bacon or fruit and yogurt add gusto vanilla bean gelato +4

## **GO BANANAS | 18**

grilled house smoked bacon and banana, house made banana bread, gusto vanilla bean gelato, authentic canadian maple syrup

### **CRÈME FRAICHE SCRAMBLED EGGS | 15**

rocket, soft herbs and balsamic glaze on rye GFA

### EGGS ON TOAST | 12

local free range eggs cooked your style - fried, poached or scrambled - on sourdough toast GFA

### **EGG AND BACON TOASTED SANDWICH | 12**

fried egg, house smoked bacon, hp sauce, buttered sourdough toast

### **HOUSE SMOKED BACON BUTTY | 10**

soft roll with house smoked bacon, HP sauce, english mustard and cracked pepper

### **SMOKEY BLT | 15**

house smoked bacon, lettuce, roma tomato on a baguette

### **STEAK SANDWICH | 18**

grass fed local beef, mozzarella cheese, caramelised onions, lettuce, beef steak tomato, house made tomato chutney on toasted sourdough

## **SMOKED PAPRIKA BAKED CHICKEN SALAD | 16**

tomato, onion, cucumber, capsicum, mint and olive oil dressing DF

#### A LITTLE ON THE SIDE

chorizo, maple syrup and cajun spice house smoked bacon | 5

gusto vanilla bean gelato, avocado smash, wilted spinach, house made beans, mushrooms, blood sausage, grilled tomato, authentic canadian maple syrup | 4

one egg | 2

extra piece of toast | 1

## **JUICES | 7.5**

veggie patch - beetroot, celery, carrot, apple, spinach

mint condition - watermelon, apple, mint

the cure - orange, lemon, ginger

mean & green - apple, spinach, celery, cucumber, ginger

virgin bloody mary - tomato juice, lemon, worcestershire sauce, tobasco, celery

## **SMOOTHIES | 8**

breakfast of champions - banana, blueberries, muesli, vanilla yogurt, milk, honey \*super charge this smoothie: add a scoop vegan vanilla protein for 50c

tropicana - coconut milk, vanilla sorbet, passionfruit, tropical juice, mango

gone nuts! - almond milk, peanut butter, chocolate sauce, banana, vanilla yogurt

berry blitz - apple juice, mixed berries, banana, vanilla sorbet

protein powder, cacao, ginger, chia seeds +50c

#### **ICED DRINKS**

iced long black | 4.5

iced latte | 5

iced coffee, mocha, chocolate (all served with ice cream and whipped cream) | 6

blended iced chai | 6

milkshakes - chocolate, caramel, spearmint, strawberry, vanilla | 5.5

#### COFFEE

house blend – five senses dark horse see barista for current five senses single origin and decaf

espresso | 3.5

short mac | 3.6

long black, chai, hot chocolate | 4

flat white, latte, cappuccino | 4.2

mocha | 4.5

long mac | 4.7

chilli hot chocolate, white hot chocolate | 5

prana chai (served with soy milk) | 6

silk soy milk, barista blend almond milk +1 flavoured syrups – vanilla, hazelnut or caramel +50c

large cup +70c extra shot +50c

### LOOSE LEAF TEA BY THE POT | 4.5

english breakfast earl grey

green peppermint

chai chamomile

lemongrass ginger summer fruits

rooibos (caffeine free)