



Smoothie - strawberry, banana, apple juice + mint	10
Toast- Artisan baked bread with our house-made preserves	12
Seasonal fruit, + berries, Mungalli yoghurt, seeds + grains	17
Bircher muesli, passionfruit curd, crumb, honey macadamia, berries	17
Buddha bowl- avocado, vegetables, chick pea, pickled blue berries, brown rice, miso granola	18
Apple & nut crumble pancake, vanilla ice cream, strawberries	18
Queensland avocado, whipped Persian feta, textures, sourdough	18
add poached egg	20
Free range Townsville eggs on toasted sourdough -poached, fried or scrambled	16
add bacon	19
Nasi goreng- stir fry brown rice + vegetables, egg, Indonesian fried chicken	22
Tuscan white bean + herb skillet with chorizo fried egg + feta	20
Asian chicken omelette, chilli jam, herbs, snow pea, shoots, fried shallot	20
Eggs benedict, toasted brioche, house-made hollandaise - Ham	20
- Smoked salmon	22
JAM Packed, bacon, poached egg, Italian sausage, mushroom, roasted tomato, sourdough	23
Add sides	
Bacon, Avocado, Smoked salmon, Italian sausage, Grilled ham	5
Mushroom, Spinach, Whipped feta, Roasted tomato	4
Beverages	
Latte, Flat White, Cappuccino, Long Black	5 / 6
Espresso, Piccolo	4
Iced Long Black, Iced Latte	6
Thickshakes - Chocolate, Vanilla, Caramel	10
Our beautiful house-made Iced Tea	7
Juice selection - Orange, Apple, Pineapple, Tomato, Cranberry	5.5
Tavalon Tea Selection	
NY Breakfast, Earl Grey, China Jasmine, Sencha, Peppermint, Lemongrass + Ginger	5
From 10am	GL
Mimosa	8
Pirie NV Sparkling	12
Piper-Heidsieck Cuvée Brut Champagne	16
Bloody Mary	15
Baileys Irish Cream thickshake	15

**Handling fee of 1.1% applies to all card transactions; *All bills to be paid at the table.*