



Lunch

11:30am - 3:00pm

Cauliflower Popcorn w Satay Sauce gf vegan

Joan's Spiced Cauli Popcorn w House Satay Sauce

Rustic Fries gf df

Joan's Seasoning W Garlic Aioli Or Tomato Sauce

Sweet Potato Fries gf df

Joan's Seasoning W Garlic Aioli Or Tomato Sauce

Vegan Primavera Rigatoni df

Rigatoni Tossed Through W Basil Pesto, Fresh Tomato, Baby Carrots & Spinach w Toasted Almond Flakes **(add Parmesan if desired)**

Beef Ragu Rigatoni

Slow Cooked Tender Beef Pieces in Rich Tomato Sugo Tossed Through Rigatoni & Parmesan

Salt & Pepper Squid gf df

Lightly Dusted Australian Calamari, Asian Slaw, Rice Noodles, Bean Shoots, Asian Dressing & Fried Shallots

Cauliflower Salad Vegan & gf

Spiced Popcorn Cauliflower w Baby Carrots, Fresh Tomato, Garlic & Basil Quinoa, Sumac Labneh, Greens & Zaatar **Add: Grilled Chicken \$4 Haloumi \$3**

Vegan Vietnamese Salad w Tofu gf df

Salt & Pepper Tofu, Paw Paw, Asian Slaw, Herbs, Bean Shoots, Fried Peanuts, Fried Shallots & Coconut Sambal
Swap Tofu for Chicken \$5

BLAT Focaccia gfa

Blackwood F/range Bacon, Avocado, Lettuce & Fresh Tomato W Roasted Garlic Aioli

Add: Chicken \$4

**SEE OUR SPECIALS BOARDS FOR
DAILY SPECIALS**

Salmon Bagel gfa

W Avocado, Baby Spinach, Tomato, House Pickled Onion & Aioli **Add: Haloumi \$3**

Vegan Bagel gfa

W Avocado, Basil Pesto, Spanish Onion, Marinated Tomatoes, Baby Spinach & Sticky Balsamic
Add: Haloumi \$3 Chicken \$4

**Add Side of Fries \$5 or
Sweet Potato Fries \$5.5**

Haloumi Burger gfa

Fried Haloumi, Baby Spinach, Avocado, Marinated Tomato, Pesto Aioli in Ciabatta Roll & Fries

Cauliflower Burger vegan gfa

Popcorn Cauliflower, Satay Sauce, Lettuce, Coconut Sambal & Tomato in Ciabatta Roll & Fries

Crispy Satay Chicken Burger gfa

Crispy Fried Chicken Tenderloins, Slaw, Lettuce, Tomato & Cheddar in Ciabatta Roll & Fries

Beef Burger gfa

Smashed Brisket Chuck Beef Patty, Bacon, Tomato, Cheddar, House Relish & Garlic Aioli in Ciabatta Roll & Fries

***Please Advise Staff of any Allergies as NOT ALL
INGREDIENTS are listed on our menu
descriptions*

****During Busy Periods Our Chefs May Not Be Able
to Change the Menu**

gf = Gluten Free df = Dairy Free
gfa = Gluten Free Avail \$2.5
dfa = Dairy Free Available