## HOT DRINKS

Espresso/Long Black	4.3
Latte/Flat White/Capp	4.6
Mocha	5.1
Chai/Tumeric/Matcha	5
Hot Chocolate	4.5
Baby Cino	2

Large/Extra Shot/Decaf/Alternate +1 Milks/Syrups

Tea4/6Earl Grey/English Breakfast/ChaiPeppermint/Sencha

#### **Specialty Coffee**

Cold Drip	6.1
Nitro Brew	7.5
Bulletproof	6.6

## CHILLED DRINKS

Iced Long Black Iced Latte/Mocha/Matcha Iced Chai/Chocolate	4.6 6.1 5.5
Cold Press Juice	
Nurture – apple, Celery, Spinach, Lemon	10
Refresh – watermelon, apple, lemon	10
Courage – orange, apple, ginger	11
Smoothies	
Bounty – coconut milk, banana, cacao,	11
dates, coconut flakes	
P.B – banana, peanuts. dates, cacao	11
Protein – banana smoothie with protein	11
powder (banana, coffee, natural, vanilla, chocolate, vegan)	
Kids – vanilla, chocolate, banana, caramel	8
Kombucha on tap	7.5
Soda	
coke/coke no sugar/fanta/sprite/	4.5
sparkling water	
ginger beer	5.5

# BRUNCH

<b>Granola</b> house granola, berry compote, house coconut yogurt, fresh fruit, milk (gfo)	17
<b>Waffles</b> orange ricotta, berry compote, fresh fruit, raspberry sauce	21
<b>Eggs on Toast</b> 2 eggs on sourdough (check out our sides menu for extras)	14.5
<b>Chilli Scramble</b> scrambled eggs with house chilli paste, toasted croissant	19
<b>Eggs Benny</b> sourdough, spinach, 2 poachies, choice of mushroom/ham, hollandaise	23
<b>Bacon and Egg Burger</b> bacon, egg, hash, cheese, tomato relish, aioli, spinach	18.5
<b>Middle Eastern Avo</b> sourdough, smashed avo, roast pumpki hummus, poachie, feta (gfo)(vo)	<b>22</b> n,
<b>Big Breakfast</b> sourdough, 2 eggs, bacon, beef chipolata, hash, roast tomato (gfo)	26
<b>The Keto</b> 2 eggs, bacon, beef chipolata, halloumi, roast mushroom	29
<b>The Vegan</b> sourdough, tofu, roast mushroom, roast tomato, hash, sauerkraut	24
<b>Croissants</b> Ham, cheese cheese, tomato, pesto	10.5 10
<b>Toast / Fruit Toast</b> butter / spiced butter housemade peanut butter	10 11

### SIDES

Bacon	7.5
Beef chipolata	7
Two Eggs	6.5
Halloumi	6
Avo	6
Roast Mushroom	7
Roast Tomato	5
Tofu	6
Chicken Katsu	8
House Hash	5
Hollandaise	4
Extra Sourdough	3.5
GF Bread Option	2.5

#### KIDS

<b>Kids Brekky</b> sourdough, one egg, hash cake	12
<b>Kids Avo</b> sourdough, smashed avocado	12
<b>Kids Waffle</b> waffle, butter, maple syrup, fresh fruit	14.5
<b>Nuggets</b> 6 nuggets, fries, tomato sauce	15

# LUNCH

Soup	
check specials board. Served with	15
house focaccia (gfo)	
House locacela (glo)	
The Decker	
The Reuben	25
pastrami, cheese, Russian dressing,	
sauerkraut, pickles, on sourdough, with	
fries	
Poke Bowl	
brown rice, tofu, pickled carrot, pickled	22
cabbage, edamame, seaweed, toasted	
sesame (gf)(v)	
	24
Chicken Katsu Bowl	
brown rice, chicken katsu, pickled	
carrot, pickled cabbage, edamame,	
seaweed, toasted sesame	
Nepalese Chicken Curry	25
with brown rice, spinach, red onion,	
achar (Nepalese pickles) (gf)	
	26
Beef Burger	
beef patty, cheese, tomato, pickles,	
carrot, onion, lettuce, spicy mayo, on	
brioche, with fries (gfo)	
Fried Chicken Burger	25
fried chicken, cheese, tomato, carrot,	
onion, lettuce, spicy mayo, on brioche,	
with fries	
	24
Polenta Pie	
with Winter veg, feta, poachie, romesco,	
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Check out our specials board and display cabinet for more options Browse our shop for beautiful crockery and nifty gifts ! Loved your experience? Leave us a google review ! Loved your coffee? Buy our organic beans to take home with you ! FFHC Members – 10% off the protein bar and Eggs on Toast Mon to Fri !





mango salsa (gf)(vo)