



*delight energise love*

## BREAKFAST

8.30am - 11.30am

### **Porridge \$8.00**

Vanilla Bean Chai Porridge with Sautéed Coconut  
Caramel Pears  
WF GF DF V GI P

### **Fruit Toast \$9.00**

Two slices of fruit toast served with butter  
+ seasonal jam.  
V

### **Toast \$8.00**

Two slices of toast + butter + seasonal jam.  
V

### **Buckwheat Pancakes \$14.50**

Buckwheat and chia seed pancakes served with fresh  
berries + banana and almond butter ice cream.  
WF GF DF O P V GI P

### **Free Range Eggs \$9.50**

Your choice of fried, poached or scrambled eggs w/  
sourdough toast.  
V

### **Extras**

Bacon - \$4.00	Braised mushroom - \$3.50
Smoked salmon - \$4.50	House made baked beans - \$3.50
Slow roasted tomato - \$3.00	Avocado - \$2.50
Spinach - \$3.00	Extra slice of sourdough - \$2.00

### **Vegan Feast Of Senses \$18.50**

Corn fritters served with avocado salsa + leafy  
greens drizzled with balsamic and maple dressing.  
WF GF DF O P V GI P

### **Eggs Benedict**

Poached free range eggs served on brioche bread  
with sautéed baby spinach and topped with creamy  
hollandaise with your choice of:

**Sweet potato rosti \$14.50**

**Free range bacon \$16.00**

**Smoked salmon \$18.00**

**Paleo Bread \$1.00**

P GF DF WF

### **Smashed Avocado \$14.00**

Avocado rocket cherry tomato and goats cherve  
salad served on sourdough toast with soft poached  
free range eggs and balsamic glaze.

P

### **Heaven On A Plate \$12.50**

Two poached eggs on smashed peas w/ chilli + feta  
+ mint on toasted sourdough.

V

### **Huevos Rancheros \$17.50**

Lightly toasted spelt tortilla w spicy beans + bacon  
fried eggs, feta and sour cream.

P

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## SHARE PLATTERS

12pm - 8pm

### **Motherduck Dukkah \$10.50**

House made Dukkah, served with panini bread + local  
olives + olive oil + balsamic.

O V GI

### **Motherduck Dips \$14.00**

Chef's selection of house made dips, served with grilled  
spelt pita.

WF GF O V GI

### **Barossa Fine Foods Pâté \$14.90**

Chicken pâté served with local olives + grilled  
sourdough.

O P GI

### **Ploughman's Platter \$24.00**

A selection of Fleurieu Smallgoods cold meats +  
Mersey Valley Vintage Cheddar + dressed wild rocket +  
chargrilled eggplant + artichoke + roasted capsicum +  
grilled panini bread.

O P GI



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## LUNCH

12noon - 3pm

### SOUP OF THE WEEK SEE SPECIAL BOARD

#### Laksa \$25.00

Malaysian prawn Laksa served with zucchini noodles fried shallots & lime ledges.

WF GF DF P GI

#### Curry \$18.00

Paleo butter chicken served with cauliflower rice.

WF GF DF O P GI

#### Duck Caesar Salad \$20.00

Smoked duck breast + prosciutto + parmesan + soft poached egg + salad leaves served w/ paleo caesar dressing.

ADD GARLIC CROUTONS - \$2

GF WF

#### Quinoa Patties \$16.00

Sweet potato and quinoa patties served with rocket, avocado, pumpkin seed and cherry tomato salad with a creamy green goddess dressing.

WF GF DF P V GI

#### Steak Sandwich \$16.00

Grass fed scotch fillet steak on toasted ciabatta bun layered with vintage cheese, rocket, tomato & beetroot relish.

P

#### Open Lamb Burger \$17.00

Grass fed lamb burger on toasted paleo bread with louisiana remoulade, sliced tomato, avocado, rocket, pickled onion & carrot salad.

WF GF DF O P GI P

#### Seared Mulloway \$26.50

Seared Coorong Mulloway fillet served on sweet potato puree in a lime & coconut sauce with fried shallots, and coriander.

WF GF P GI P

#### Ciabatta

##### NO#1 \$13.00

Roast pumpkin, eggplant, avocado, sundried tomato & feta with rocket pesto & on toasted ciabatta roll with mixed lettuce.

##### NO#2 \$12.00

Double smoked Ham, cheese and tomato on a toasted ciabatta roll served with mixed lettuce.

##### NO#3 \$13.00

Reuben silverside with Swiss cheese, Sauerkraut on toasted ciabatta roll with Russian dressing.

##### No#4 \$13.00

Chicken with Woodside brie, pear and ginger chutney & rocket on toasted ciabatta roll.

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## DESSERT

6pm - 8pm

#### Apple crumble \$12.00

Apple, honey, pecan and ginger crumble served with double cream.

#### Caramel Slice \$12.00

Paleo salted caramel chocolate slice.

WF GF DF O P V GI

#### Sticky date and chocolate pudding \$12.00

Serves with butterscotch sauce and vanilla bean ice cream.

#### Banana Pudding \$12.00

Banana pudding served with caramelized banana double cream.

#### Affogatto \$16.00

Vanilla bean ice cream w/ espresso coffee shot + frangelico or baileys liqueur



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## KIDS BREAKFAST

8:30am until 11:30am

(For all guests 12 years and under)

### **Toast \$5.00**

1 slice of toast served w/ butter and your choice of honey, jam or vegemite.

V

### **Fruit Toast \$6.50**

Two slices of fruit toast served with butter + seasonal jam.

V

### **Buckwheat Pancakes \$14.50**

Buckwheat and chia seed pancakes served with fresh berries + banana and almond butter icecream.

WF GF DF O P V GI P

### **Bacon and Free-range Eggs \$7.00**

1 poached free-range egg + bacon served w/ toasted sourdough toast.

P

### **Free-range Eggs and Soldiers \$6.50**

1 boiled free-range egg served w/ toasted sourdough fingers.

V

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## KIDS LUNCH

Served 12noon — 3pm

(For all guests 12 years and under)

### **Pizza \$6.00**

Ham, cheese and pineapple pizza.

P

### **Pasta Bake \$6.00**

Creamy tuna mornay and pasta bake bowl.

P

### **Chicken Schnitzel \$8.00**

Chicken schnitzel lightly coated with panko crumbs served with sweet potato mash and winter greens.

P

### **Taco Boats \$6.00**

Beef tacos boats with tomato, avocado and sour cream.

P