

# MONKS FOOD | food served from 9am - 3pm

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## **Monks Granola**

*Yoghurt, house toasted granola, fresh fruit and gingernut crumb / 8*

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## **Smashed Avocado**

*Avocado, feta, poached egg, tomato, sumac and a green herb dressing served on sourdough toast / 10.50*

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## **Buckwheat Bircher (GF)**

*Buckwheat soaked in apple juice, berry compote, fresh fruit, candied nuts / 8*

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## **The Waffle**

*Buttermilk waffles, caramelised banana, crispy bacon and summer berry compote / 12.50*

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## **Breakfast Bowl**

*Spinach, cous-cous, avocado, haloumi, pumpkin seeds, pita chips, pomegranate with herb dressing / 10.50*

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## **Smokehouse Salmon with Pickles**

*Smoked salmon, house pickles, sourdough toast, poached eggs, lemon and cumin yoghurt, avocado / 12*

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## **Breakfast Burger**

*Potato rosti, crispy bacon, smashed avo, poached egg and spinach on a brioche bun / 11*

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## **Goats Cheese Parcel Salad**

*Mixed leaves, walnut pesto, goats cheese filo parcel, honey roast beetroot, heirloom tomatoes / 11*

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## **Eggs Benedict**

*Crispy bacon, sourdough toast, poached eggs, hollandaise / 11.50*

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## **Eggs Royale**

*Smoked salmon, sourdough toast, poached eggs, hollandaise / 13*

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**Extras** - *Poached egg, spinach, feta, labneh, hollandaise, sourdough toast / 2*

*Crispy bacon, grilled haloumi, avocado / 3*

*Smoked salmon / 6.50*

**(GF) Gluten Free**