

COWSHED

Breakfast

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Sourdough toast assorted spreads	2
Oat porridge banana, honey, blueberries	5
Fruit salad mixed seasonal fruits vg	5
Gluten free toast with almond butter banana, blueberries, linseed gf	5
Overnight oats apple, cinnamon or banana, peanut butter	6
Acai bowl banana, coconut flakes, blueberries, strawberries, mango, chia seeds	7
Avocado on sourdough toast poached eggs, chilli, lemon	8
Add: smoked salmon or feta and pumpkin seeds	2

Lunch

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Smoked salmon bagel cream cheese, chives, dill	7
Crunchy tuna mayo sandwich peppers, spinach, celery, yogurt, green salad	7
Ginger salad walnut, beetroot, feta, mixed leaves, spring onions, balsamic vinegar	7
Mozzarella wrap basil pesto, sundried tomato, green salad	7
Slaw salad red cabbage, falafel, beetroot hummus, toasted pitta	8
Burrito black beans, tomato salsa, avocado, onion, corn, cheese, green salad	8
Breakfast salad quinoa, kale, feta, soy, pumpkin seeds, avocado, corn, poached egg, cherry tomato	8

Food is served from opening (8.30am weekdays - 9am Saturday & 9.30am Sunday) to 3pm. Breakfast until 3pm. Lunch from 12-3pm.
Please let us know if you have allergies or require information on ingredients used in our drinks. Please note that service is not included.
(gf)=gluten free (vg)=vegan* Contains nuts.