

# Hello! Sunshine



gluten-free



vegetarian



vegan

*free  
range  
eggs*

*we make our  
coconut yoghurt  
from scratch  
& it is full of  
probiotics*

*We cure our  
salmon in-  
house*

<b>Avo on Toast</b> .....	<b>VGN</b>	38
Toasted Artisan Bread with Avocado and & Seeds		
<b>Mince on Toast</b> <sup>*new</sup> .....		45
Spiced Mince on Toast with Cheddar Cheese & Sour Cream		
<b>Two Eggs on Toast</b> .....		44
Toasted Artisan Bread, Poached or Scrambled Eggs served with Tomato & Coriander Salsa		
+Avo .....		18
+Cured Salmon .....		32
+Bacon .....		23
<b>Power Oats</b>		
Classic .....		32
Berry Compote.....		45
Banana, Pecan & Cinnamon.....		45
*Swap Milk for Almond Milk <b>VGN</b>		
<b>Fruit Bowl with Yoghurt</b> .....		60
Add Hello! Muesli .....		15
*Homemade Coconut Yoghurt Available <b>VGN</b>		
<b>Baked Apple Bowl</b> .....		62
Hello! Muesli & Vanilla Cream Cheese		
*Homemade Coconut Yoghurt Available <b>VGN</b>		
<b>Hello! Benedict</b> .....		82
Toasted Artisan Bread, Poached Eggs, Wok Tossed Spinach, Mushroom, Pine Nuts , Rosa Tomatoes & Brown Mushroom served with Homemade Hollandaise		
+Bacon.....	<b>GF</b>	23
+Cured Salmon.....		32
<b>Chickpea Scramble</b> .....	<b>VEG</b>	60
Toasted Artisan Bread, Chickpea Scramble, Brown Mushroom & Rosa Tomatoes		

<b>Karoo Brekkie</b> .....	89
Toasted Artisan Bread, Two Scrambled Eggs, Brown Mushrooms, Rosa Tomatoes, Bacon Rashers, Wors & Potato Rosti	
<b>Bacon &amp; Egg Salad</b> .....	65
Poached Egg, Baby Spinach, Rosa Tomato, Bacon, Croûtons, Whole Grain Mustard & Citrus Vinaigrette served with Homemade Hollandaise	
<i>*Lose the Croûtons</i> <b>GF</b>	
<b>Cured Salmon Rosti</b> .....	<b>GF</b> 69
Citrus Cured Salmon with Citrus Cream Cheese & Tomato-Coriander Salsa	
+ Poached Egg.....	10
<b>The Banter</b> .....	<b>GF</b> 72
Two Poached or Scrambled Eggs, Avocado, Rosa Tomato, Brown Mushrooms & Feta	
<b>Mexican Bowl</b> <i>*new</i> .....	<b>GF</b> 65
Spiced Tomato Beef Mince, Black Beans, Poached Egg, Rosa Tomato, Tomato-Coriander Salsa , Chili, Sour Cream & Lettuce	
+ Poached Egg .....	10
+Toast .....	10
+ Feta .....	12
<b>Oh My Stack!</b> <i>*new</i> .....	75
Two Slices Toasted Artisan Bread, Scrambled Egg, Bacon Rashers & Homemade Hollandaise Sauce	
+ Mushroom .....	18
+ Extra Scrambled Egg .....	12