



BRUNCH MENU 8.30am - 2pm daily

BREAKFAST

Toast (VT, GFO)	6.5
<i>2 Slices of sourdough, fruit or GF, served with butter and your choice of jam, vegemite, peanut butter or marmalade.</i>	
Housemade Granola (GF, VT, VGO)	16
<i>Served with Greek yoghurt, mixed berries and banana topped with local Keith honey and toasted coconut. Add your choice of milk \$1</i>	
Housemade Baked Beans (GFO)	14
<i>Served with spinach, toasted herb sourdough and chorizo. Add egg \$3</i>	
Açai Bowl (GF, VG)	20
<i>Acai pulp, banana, berries, and almond milk. Topped with toasted coconut and almonds, banana, and chia seeds.</i>	
Pancakes (VT, GFO)	16
<i>Vanilla ice cream, mixed berries, maple syrup, topped with a nutty granola crumble and chia seeds.</i>	
Brekky Brioche (GFO)	16
<i>A fried egg, bacon, cheese, avocado and tomato relish, on a toasted brioche bun. Add a hash brown \$3</i>	
Breakfast BLT (GFO)	16
<i>Smashed avocado, sour cream, lettuce, grilled tomatoes and bacon between toasted sourdough.</i>	
Eggs Your Way (GFO, VT)	12
<i>Your choice of poached, fried or scrambled eggs, served on sourdough toast. Add bacon \$5</i>	
Eggs Benedict (GFO)	
<i>2 Poached eggs, served on toasted sourdough, with spinach and your choice of ham, bacon or salmon topped with hollandaise sauce.</i>	
<i>Ham or Bacon</i>	18
<i>Salmon</i>	20
H&R Big Breakfast (VT, GFO)	27
<i>Your choice of chorizo, bacon or avocado with poached free range eggs (2), balsamic cherry tomatoes, tarragon fried mushrooms, hash browns (2) and toasted sourdough. Add haloumi \$5</i>	

A LITTLE MORE

<i>Relish</i>	1.5
<i>Hollandaise</i>	2
<i>Egg (1), Hash brown, Avocado or Mushrooms</i>	3
<i>Balsamic cherry tomatoes</i>	3.5
<i>Bacon, Chorizo, Haloumi, Housemade baked beans or Smoked salmon</i>	5

SALADS

Roasted Hommus Veggie Bowl (GF, VGO)	25
<i>Seasonal roasted vegetables with hummus and spinach, topped with feta, mint, toasted pinenuts, and a maple mustard drizzle.</i>	
Lemongrass Chicken Vietnamese Bowl (GF, VGO)	25
<i>Chinese cabbage, cucumber, carrot, red chilli, mint, coriander, vermicelli noodles, bean sprouts, grilled lemongrass chicken, topped with a zingy Vietnamese dressing and crushed peanuts.</i>	

BURGERS

The Henry Burger	25
<i>Your choice of a beef patty or a crumbed chicken tenderloin with tomato, cheddar cheese, caramelised onion, bacon, lettuce, aoli, chilli jam, in a toasted brioche bun served with fries.</i>	
Open Steak Sandwich (GFO)	24
<i>Steak, caramelised onion, tasty cheese, tomato, garlic aioli, mixed greens and tomato relish on toasted Turkish bread served with fries.</i>	
<i>Add egg \$3 • bacon \$5</i>	

LUNCH

Soup of the day	
<i>See specials board.</i>	
Corn Fritters (GF, VT)	18
<i>Housemade corn fritters topped with smashed avocado, sour cream, baby spinach and chilli jam. Add smoked salmon \$5 • poached egg \$3</i>	
Pork Bahn Mi	16
<i>Pickled carrot, cucumber, red chilli, coriander, pork and kewpie mayo in a toasted Vietnamese roll.</i>	
Haloumi Mushroom Stack (VT, GFO)	18
<i>Toasted Turkish bread with spinach, tarragon fried baby mushrooms, grilled haloumi topped with a fried egg served with a balsamic drizzle. Add bacon \$5 hollandaise \$2 • hash brown \$3 • relish \$1.5</i>	
Salmon Bagel	16
<i>Dill, cream cheese, rocket and capers topped with salmon in a toasted bagel.</i>	
Pesto Chicken Melt (GFO)	19
<i>Mozzarella cheese, pesto, crumbed chicken, sundried tomatoes, and baby spinach, sriracha mayo in between toasted sourdough.</i>	
Toasties (GFO, VTO)	
<i>Cheese</i>	6.5
<i>Cheese & tomato</i>	7
<i>Ham & cheese</i>	7.5
<i>Ham, cheese & tomato</i>	8
<i>Turkey, cheese & cranberry</i>	8.5
<i>Bacon, egg & tomato relish</i>	12
Hot Chips	Sml 8 Lge 10
<i>Your choice of chips or sweet potato fries with aioli or tomato sauce.</i>	
Wedges	12
<i>Served with sweet chilli sauce and sour cream.</i>	

KIDS

(12 years and under)

Nuggets & Chips	(4) 6.5 (6) 8.5
Bacon & Eggs	10
<i>Fried egg (1) on toast with bacon.</i>	
Ham, Cheese & Pineapple Pizza	6
<i>Small pizza base topped with tomato paste, ham, pineapple and grated cheese.</i>	
Pancake Stack (3) (GFO)	12
<i>Your choice of maple syrup, strawberry or chocolate sauce, topped with sprinkles and ice cream.</i>	
Cheese burger	12
<i>Beef patty, cheese, tomato sauce on a brioche bun with fries.</i>	

We do our best to cater for all dietary requirements, however, we cannot guarantee that our dishes are 100% free of trace gluten, dairy, nut or crustacean. Please advise our staff of any allergies or dietary requirements when placing your order. We thank you for understanding. **GF** Gluten Free **GFO** Gluten Free Option **VT** Vegetarian **VG** Vegan **VGO** Vegan Option.

HOT DRINKS

Morning Gorgeous By Evolve North		
Small		5
Regular		6
Large		6.5
Cappuccino	Hot Chocolate	
Latte	Mocha	
Flat White	Chai Latte	
Long Black,	Dirty Chai	
Vienna	Matcha Chai	
Espresso, Piccolo		4.5
Macchiato		5
Affogato		5
Baby Chino		2.5
Extras		
Extra Shot, Decaf		1
Syrups (Vanilla, Caramel, Hazelnut)		0.7
Soy, Almond, Lactose Free, Oat Milk		0.7
T Bar Tea		
Cup		4.5
Pot		4.5
Pot for Two		6
English Breakfast	Champagne Sencha	
Green Tea	Earl Grey Blueflower	
Puri-T	Peppermint	
Sentimentali-T	Jasmine Downey Pearls	
Serendipi-T	Chamomile	
Lemongrass & Ginger	Prosperi-T (Chai)	
China Jasmine Chung Hao (Green)		
Sticky chai brewed on milk (GF, VG)		5

COLD DRINKS

Smoothie		8
Strawberry Split: Strawberry, banana.		
Coco Loco: Coconut, pineapple, mango, mint, lime.		
Big Five: Strawberry, mango, kiwi, pineapple.		
Milkshake*	Sml 3.5	Reg 7
Thickshake*	Sml 4.5	Reg 7.5
Chocolate, Strawberry, Vanilla, Caramel, Lime, Banana, Coffee, Mocha.		
Frappe*		7.5
Chocolate, Coffee, Mocha		
Iced Drinks*	Sml 4.5	Reg 6.5
Chocolate, Coffee, Mocha, Long Black, Latte		
Made with Espresso Add \$0.7		
Iced Tea		6.5
Tropical Kiss, Sneaky Peach		
*Add \$0.7 for alternative milks		

WINE

	Piccolo Bottle
Sparkling Wine	
Pinot Noir Chardonnay	8.5 35
<i>Di Giorgio, Lucindale</i>	
Sparkling Chardonnay	10 40
<i>Koonara 'The Guardian Angel'</i>	
Sparkling Merlot	8.5 35
<i>Di Giorgio, Lucindale</i>	
White Wine	
Riesling	35
<i>Koonara 'A song for Alice'</i>	
Sauvignon Blanc	35
<i>Koonara 'Angels Footprint'</i>	
Sauvignon Blanc	35
<i>Di Giorgio, Lucindale</i>	
Unoaked Chardonnay	8.5 35
<i>Di Giorgio</i>	
Chardonnay	35
<i>Di Giorgio 2018</i>	
Moscato	35
<i>Koonara 'Flowers for Lucy'</i>	
Red Wine	
Pinot Noir Rose	35
<i>Koonara 'Emily May'</i>	
Tempranillo	35
<i>Bellweather 2021, Wratonbully</i>	
Shiraz	35
<i>Di Giorgio, Coonawarra</i>	
Cabernet Sauvignon	8.5 35
<i>Di Giorgio 2015, Lucindale</i>	
Cabernet Sauvignon	35
<i>Koonara 'Wanderlust', Coonawarra</i>	

BEER CIDER MIXERS

Three Oaks Apple Cider	8.5
Great Northern, Carlton Dry, Hahn Superdry,	8.5
Mixes Available (see fridge)	9
23rd St Distillery Pre-mixed Cans (see fridge)	9

PROUDLY SUPPORTING SA FARMERS

Monview
Eggs

Keith

 **PENINSULA**
PROVIDORE

Fleurieu