

**Honey Yoghurt**

Greek yoghurt, puffed wild rice, dried banana, goji berry

**7 | v gf**

**Pollen's Bread**

Sourdough, Brioche or English Muffin with

butter/jam/vegemite/peanut butter **5**

*add Avocado 3* *Mushrooms 4* *Scrambled eggs 5*

Thick cut Bacon **6** Smoked salmon **7**

**Steelcut Oatmeal**

Oatmeal chilled in apple honey yoghurt, berries, candied almonds, dates

**11**

**Smoked Salmon Benedict**

Smoked salmon, spinach, spicy hollandaise, house made biscuit

**18**

**Vegan Benedict**

Smoked tofu bacon, quinoa & black bean patty, wilted arugula, vegan muffin and vegan holloandaise

**16 | v vg**

**Crispy Fried Egg & Polenta**

Community grains polenta, sofrito, braised mushrooms, baguette

**14 | v**

**Homemade English Muffin**

Local eggs, jarlsberg, vegemite butter

**13 | v**

**Mushroom Toast**

Whipped black peper boursin, fennel gremolata, garden herbs

**12 | v**

**Bacon & Egg**

Thick cut smoked bacon, soft poached egg, grilled halloumi, harissa avocado, sourdough

**18**

**French Toast**

Strawberries & honey cream

**15**

**Lemon & Poppy Seed Pancakes**

Pollen Preserve blueberry jam, golden syrup

**13 | v**

**Fried Egg Sandwich**

Smoked bacon, gruyere, pan roasted potato with chorizo

**15**

**Cobb Salad**

Bacon, chicken, bibb lettuce, avocado, tomato, egg, blue cheese crumble

**16**

**Corn Bacon Hash**

Bacon, yellow corn, piquillo pepper, gold yukon potatoes tomatillo salsa, poached egg

**15**

**Organic Roast Chicken Salad**

Asparagus, almond goat cheese, sugar peas, golden beets, balsamic glaze

**16 | gf df**

**Pan seared Ora King Salmon Salad**

Pea Tendrils, wild crispy rice, raspberries, sherry vinaigrette & crispy artichokes

**18 | gf df**

**Grilled Cheese**

Gruyere, cheddar, swiss cheese, tomato soup

**14 | v**

**Pollen Burger**

Ground chuck & brisket, cheddar, sesame brioche bun, pickled arugula, animal sauce served with fries or salad

**17 add Bacon 3 Avocado 1.5 Jalapeno .75**

**Vegan Burger**

Chickpea patty, avocado, sprouts, smoked ketchup served with fries or salad

**16 | v vg**

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Please see the counter for today's selection of fresh sandwiches, salads and pastries.

In one of the most wasteful industries in the world we are working towards rejecting wastefulness and finding solutions to create a more sustainable dining experience. Some little steps that we are taking include: Offering water only on request; using recycled take-away packaging & paper straws; working closely with 'RecyLA' to ensure waste management is kept to a minimum. We are also working with a local farmer and hope to have our bees pollinating and harvesting our own honey - mid 2018.