



Breakfast Menu - Monday to Friday
Available 8am to 3pm
Full menu available from 11.30am

Honey Yoghurt

Greek yoghurt, granola, strawberries, banana

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

Chilled oatmeal in apple honey yoghurt, berries, candied almonds

11 | gf v

Lemon & Poppy Seed Pancakes

Pollen preserve blueberry jam, golden syrup

13 | v

Housemade English Muffin

Local eggs, jarlsberg, vegemite butter, arugula

13 | v

French Toast

Strawberries & honey cream

15 | v

Fried Egg Sandwich

Smoked bacon, gruyere, pan roasted potato with chorizo

15

Smoked Salmon Benedict

Smoked salmon, spinach, spicy hollandaise, housemade biscuit

18

Vegan Benedict

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

16 | v veg

Mushroom Toast

Whipped black peper boursin, fennel gremolata, garden herbs, whole grain bread

12 add eggs 5 | v

Roasted Garden Bowl

Sunchokes, rainbow cauliflower, beets, poached egg, pickled fennel, florentine

15 | v

Bacon & Egg

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

18

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

Wifi code: Pollen2100

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.