

BREAKFAST 7-1

ORGANIC SOURDOUGH, FRUIT TOAST OR GLUTEN FREE TOAST, HOUSE-MADE PRESERVES / **7**

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BANANA BREAD, GLUTEN, DAIRY & SUGAR FREE WITH CREME FRAICHE, CAROB MOLASSES / **8**

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COCONUT POLENTA PORRIDGE, ROOIBOS CHAI POACHED PEAR, CITRUS, PISTACHIO / **15.5**

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ORGANIC CHIA & OAT BIRCHER, RHUBARB COMPOTE, PISTACHIO, COCONUT / **14**

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WAFFLES, FRESH STRAWBERRIES, ROSÉ JELLY, MASCAPONE, PISTACHIO, LEMON MYRTLE / **18.5**

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SMASHED AVOCADO TOAST, CONFIT TOMATO, GOAT MILK FETA, MINT, LIME / **18.5**

ADD A POACHED EGG + **2**

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GREEN BREAKFAST BOWL, KALE, BROCCOLINI, BEETROOT HUMMUS, SUGAR SNAPS, BRUSSELS AVOCADO, SEEDS, POACHED EGG / **19**

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SHAKSHOUKA, EGGS POACHED IN A TUNISIAN STYLE SAUCE, WHITE CHEESE, TOAST / **18.5**

ADD SPICY CHORIZO + **3**

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MISO GLAZED MUSHROOMS, MILK CURDS, CHARD, POACHED EGG, TOAST / **18.5**

SPACE

GREEN CHILLI EGGS, SLICED BACON, SPRING ONION, CORIANDER, TOAST / **17.5**

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FREE RANGE EGGS ON ORGANIC TOAST, POACHED, FRIED OR SCRAMBLED / **12.5**

SIDES

GLUTEN FREE BREAD / **1.5**

EXTRA EGG / **3**

MUSHROOMS OR AVOCADO / **4**

BACON OR CHORIZO / **5**

SMOKED SALMON / **5.5**

FOR A BIG BREAKFAST ADD 3 SIDES TO EGGS / **25**

KIDS

WAFFLE & MAPLE SYRUP / **8**

WITH CREAM & STRAWBERRIES

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FREE RANGE EGGS ON TOAST / **7**

ADD SHORTCUT BACON + **2.5**

WE WILL TRY OUR BEST TO ACCOMMODATE CHANGES TO THE MENU, HOWEVER DURING BUSY PERIODS UNFORTUNATELY THIS MAY NOT BE POSSIBLE. WE HOPE YOU UNDERSTAND.

LUNCH 12 - 2

SALAD PLATE, A SELECTION OF OUR DAILY SALADS, SERVED WITH BREAD & FETA / **16**

SUBJECT TO AVAILABILITY

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DAILY GLUTEN FREE FRITTER SERVED WITH A SIDE SALAD / **14.5**

SUBJECT TO AVAILABILITY

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HOUSEMADE SAUSAGE OR CHEESE & SPINACH ROLL SERVED WITH A SIDE SALAD / **14.5**

SUBJECT TO AVAILABILITY

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DAILY TOASTED BAGELS, CHOOSE FROM CHIPOTLE CHICKEN, / BEEF RUBENS / KOREAN STYLE PORK / ROASTED VEGETABLE / **11.5**

SUBJECT TO AVAILABILITY

THE
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FREMANTLE

COFFEE

SHORT	3.5
REGULAR	4.0
LARGE	4.5
-	
EXTRA SHOT	0.2
ALMOND, COCONUT OR SOY	0.5
-	
ICED LATTE	4.0
-	

WE ARE PROUD TO USE TWIN PEAKS COFFEE

TEA

TEA POT	5.5
-	
MASALA CHAI	
ROOIBOS CHAI	
DANDELION CHAI	
GREEN CHAI	
ENGLISH BREAKFAST	
EARL GREY	
GREEN	
ROOIBOS	
PEPPERMINT	
CHAMOMILE	
-	
CHAI LATTE	4.0
-	

WE ARE PROUD TO USE TEA BY CHAIBABA FREMANTLE

JUICE

BLAZING SUN	BEET, APPLE, CARROT, LEMON & GINGER	7
PINK POWER	WATERMELON, APPLE, LIME, MINT	7
GRACIOUS GREEN	KALE, CUCUMBER APPLE & LIME	7

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A NATURAL YOGHURT BASED SMOOTHIE MANGO OR BANANA & HONEY	8
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SMOOTHIES

CHOCONUT	CACAO, BANANA, DATES, ALMOND MILK	9
GREEN CLEAN	KALE, SPINACH, BANANA, ALMOND MILK	9
ACAI ACCENT	ACAI, STRAWBERRY, BANANA, APPLE	9

SPARKLING

HOUSE MADE LEMONADE	7
HOUSE MADE GINGERBEER	7
KOMBUCHA 500ML	7.5

SOMETHING SPECIAL

BLOODY MARY	MADE WITH HIPPOCAMPUS VODKA	14
GIN & TONIC	MADE WITH WEST WINDS 'SABRE'	10
NEGRONI	MADE WITH RED OKAR	16

WINE

PROCECCO	10/45
HOUSE RED, WHITE OR ROSE	9/38
PLEASE ASK TO SEE OUR FULL WINE LIST	

BEER

TECATE, MEXICO	7
COLONIAL SMALL ALE, WA	8
FERAL PERTH LAGER, WA	9
COLONIAL PALE ALE, WA	9
OTHERSIDE RED ALE WA	9
COLONIAL BERTIE CIDER, WA	9

THE
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FREMAN TLE