

Breakfast until 11am

Anti-Inflammatory Shot, turmeric, apple cider vinegar and cayenne pepper 3.5

La Madre Multigrain or Sourdough Toast 10

Jam, vegemite, crunchy peanut butter, marmalade or nutella

Crumpets

Whipped butter and sea salt 12

Sticky Rice Porridge

Stewed apple, coconut yoghurt, fresh berries and cacao nibs 17

Black Sesame Crumpet

Honey parfait, crystalised chocolate, black sesame ice-cream and fairy floss 21

Baked Eggs

Green chilli and tomato, Thai basil, spring onion, fresh sprouts and roti bread 20

Add Thai pork meatballs 7 (contains shellfish)

Pony Avo

Avocado with fresh herbs, pickled cucumber, watermelon, toasted pepitas, goat's cheese and lemon dressing on multigrain 22

Add poached egg 3.5

Free-Range Eggs,

Eggs as you like with grilled sourdough or multigrain 16

Add Bacon/avocado 6 each

Spinach/ goats cheese 5 each

Kids (10 years and under only)

One Egg and bacon on toast 12

Lil Sesame Crumpet with honey parfait 12

We also have freshly baked muffins, cakes and pastries at the bar.

****Dietary Requirements?? Please ask our staff for help**

Beverages

Smoothies

Banana, peanut butter, oats, honey and full cream milk 14

Mixed berry, banana and coconut milk 14

Espresso, banana, cinnamon, almond milk 16

Milks

We stock a full range of milk alternatives,
Including Milk Lab almond, coconut, lactose free, Bon Soy, full cream and skinny

Hot or Iced

Mansfield Coffee Merchant Espresso 5

Mansfield Coffee Merchant Decaf 5

Cadbury's Hot Chocolate 5

Chai Latte (wet vegan blend) 5

Matcha Latte 5

Turmeric Latte 5

Tea English Breakfast, Earl Grey, Mint Mix, Lemongrass Ginger, Hibiscus, Green, Chai 5

Cold

Pony Cold Brew 8

House sodas 5

Kombucha 8

Voss Water Sparkling 800ml 14, 375ml 6