

Seasonality is the key to great food. Growing our own vegetables and herbs on site in the Heide kitchen gardens gives us the opportunity to share with you our organic produce picked daily.

Breakfast

Toast

Sourdough Toast	\$7.5
Multigrain Toast	\$7.5
Gluten Free Toast	\$8
Fruit Toast	\$9.8
Banana bread	\$9.8

Served with butter and your choice of spread: strawberry jam, marmalade, heide honey, vegemite or peanut butter (v, *vg, *gf)

Eggs your way

Fried, scrambled or poached, served on sourdough toast (v,*gf) \$13

Add a little extra

Heide sautéed greens	\$6.5
Avocado, roasted beetroot, smoked salmon, feta or roasted mushrooms	\$5.5
Free range bacon	\$4.5
Free range egg, potato hash brown or roasted tomato	\$3.5
Sourdough toast or chive hollandaise	\$2.5

Toasted muesli

Roasted Heide garden rhubarb, fresh berries, served with vanilla panna cotta (v) \$19.5

Roasted mushrooms on toast

with avocado, free range poached egg, Persian feta (v) \$21

Super smashed avocado

Avocado, radish, feta, fried kale, free range poached egg, mixed toasted seeds, sourdough toast (*v, *gf) \$22

Vegetarian Banh Xeo

Vietnamese omelette, coconut milk, mushrooms, mung beans, Heide greens, garlic, chives, coriander, sweet soy sauce dressing (v) \$22

Heide benedict

Choice of salmon or bacon, wilted Heide garden greens, free range poached eggs, sourdough toast, chive hollandaise (*gf) \$24

Protein Banh Xeo

Vietnamese omelette, coconut milk, pork belly, prawns, mung beans, onions, mushrooms, Heide garden greens \$28

Something a little sweet

Please see our display cabinet at the front counter for our full selection