



ALL DAY MENU

Eggs on Toast (V) \$9.9

Eggs your way on organic sourdough toast
+ smashed avo \$4, + bacon \$4

Classic Bacon & Eggs \$14.9

2 poached eggs, bacon, sourdough toast & a side of
tomato chutney
+ smashed avo \$4, + 2 hash browns \$4

3 Egg Omelette \$17.9

3 whole eggs & choice of 3 fillings and sourdough toast:
(ham, bacon, cheese, marinated feta, Swiss mushrooms,
tomato, onion, smoked salmon)
additional fillings + \$2 each
+ side of bacon \$4, + side of halloumi \$4

Knox Benny \$17.9

Choice of bacon **OR** halloumi, flame grilled organic
sourdough toast with
2 poached eggs, hollandaise sauce and wild baby rocket
& parmesan salad with balsamic vinaigrette
+ bacon or halloumi \$4, + 2 hash browns \$4

BIG Brekkie \$21.9

2 poached eggs, bacon, 2 beef & herb chipolatas, 2 hash
browns, organic sourdough toast, wild baby rocket,
baked beans and a side of tomato chutney
+ smashed avo \$4, + mushrooms \$4, + hollandaise \$2.5

Veggie Supreme (V) \$18.9

2 poached eggs, smashed avo, mushrooms, flame
grilled organic sourdough toast, baked beans, wild baby
rocket salad and a side of tomato chutney
+ halloumi \$4, + 2 hash browns \$4

Acai Berry Bowl (Vegan, GF, DF) \$15.9

Blended with pure coconut water, banana &
blueberries & topped with our house made paleo
granola, seasonal fruits and chia seeds
+ extra granola \$4, + peanut butter \$2.5

Knox Paleo Granola (V, GF) \$14.9

House baked mix of nuts, seeds and spices, Tasmanian
Leatherwood honey, natural yoghurt and
seasonal fruits

What The... Waffles (V) \$16.9

Crispy waffles with an Acai & mixed berry compote,
matcha ice cream, seasonal fruits and coconut treacle

Smashed Avo (V) \$15.9

Smashed avo, flame grilled organic sourdough with Yarra
Valley Persian Feta, cherry tomatoes, beetroot puree
and saltbush crisps
+ 2 eggs your way \$4, + halloumi \$4, + bacon \$4

Yellow coconut tofu curry (Vegan, GF, DF) \$16.9

Crispy fried tofu on brown rice & quinoa with our house
made mild yellow coconut curry and sprout salad
+ kimchi gyoza \$4 (vegan, DF)

Knox Works Burger \$18.9

House made beef patty, crispy bacon, Jarlsberg cheese,
pineapple round, mixed leaves and BBQ sauce with
shoestring fries and paprika aioli
+ fried egg \$2.5, + smashed avo \$4, + extra beef patty \$6

Kara-age Chicken Tenders (GF, DF) \$18.9

Crispy fried marinated free-range chicken
tenders, shoestring fries, mixed leaf salad and Kewpie
mayonnaise
+ extra Kara-age chicken \$6

Aburi Ocean Trout Poké Bowl (GF, DF) \$21.9

Blow-torched Tasmanian sea run trout on brown rice &
quinoa, wakame seaweed, smashed avo, sous vide egg
and flying fish caviar
+ extra Aburi ocean trout \$9

Rustic Lamb Shank \$21.9

Lamb shanks slow cooked in Italian tomato broth, served
on orecchiette pasta with light olive oil, garlic and chilli

Fish & Chips \$18.9

Crispy battered Flathead fillets served with shoestring
fries, smoked paprika aioli and balsamic dressed salad

KIDS MEALS \$10

- Kids bacon & egg
- Kids chicken tenders & chips
- Kids fish & chips
- Kids waffle & fruit

Sides \$6 – sweet potato chips, shoestring fries, smoked salmon,
2 Kara-age chicken tenders, 4 kimchi gyoza dumplings

Sides \$4 – bacon, 2 beef & herb chipolatas,
halloumi, mushrooms, 2 hash browns, smashed avo,
2 eggs your way, extra paleo granola

Sides \$2.5 – 1 slice of toast (organic sourdough, seeded rye or
gluten free), hollandaise sauce, baked beans,
natural yoghurt, tomato chutney

**Please be aware that a 15% surcharge applies on
Public Holidays**



ALL DAY MENU

Coffee & Tea

Cappuccino, Latte, Flat White, Spiced Chai, Hot Chocolate, Turmeric Latte, Matcha Latte **Reg \$4.2 / Lge \$4.9**
Espresso **\$3.5**, Short Macchiato **\$3.6**,
Long Macchiato **\$3.9**, Piccolo **\$3.9**
+ Extra Shot **\$0.7**, Decaf **\$0.7**

Nitro Coffee (Nitrogen infused 18 hour cold brewed) **\$5.9**

Bulletproof Coffee (MCT high performance oil & organic grass-fed butter) **Reg \$5.9 / Lge \$6.6**

Pots of Tea

English Breakfast, Earl Grey, Green Sencha, Peppermint, Green Jasmine, Chamomile **\$4.2**
Sticky Chai **\$5.9**

Milk Alternatives

Soy, Almond, Coconut or Lactose Free **Reg \$0.5 / Lge \$0.7**

Flavoured Syrup for Coffee (all natural)

Vanilla, Caramel, Hazelnut **\$0.7**
MCT Oil **\$2.0**

Iced & Cold Coffees

Iced Coffee, Iced Mocha (with cream/ice cream) **\$6.9**
Mocha on Ice **\$5.0**
Latte on Ice, Long Black on Ice **\$4.8**

Fresh Juices

Fresh Apple, Fresh Orange \$7.0

Kick Start – beetroot, carrot, celery apple **\$8.0**

Quencher – watermelon, lime, mint, apple **\$8.0**

Green Machine – apple, cucumber, celery, mint **\$8.0**

Hawaii Five-0 – orang, apple, pineapple **\$8.0**

Refresh – ginger pineapple, orange **\$8.0**

Inside Out – cranberry, ginger, beetroot, apple **\$8.0**

Bloody Shame – tomato, lemon, tobasco, worcestershire

Make Your Own \$8.5 choose up to 4 ingredients from:
apple, orange, pineapple, watermelon, ginger, lemon, lime,
mint, carrot, celery, cucumber, beetroot, cranberry
+ **\$0.5** per extra ingredient

Bottled Drinks

Mt Franklin Sparkling 450ml, Mt Franklin Still 600ml **\$3.5**

Amplify Kombucha : lemon/ginger, passionfruit lemonade,
pine/coconut, raspberry/lime, peach/mango **\$5.0**

Zico coconut water **\$4.0**

Coke, coke no sugar, diet coke, sprite, lemon lime & bitters,
fanta, lift, ginger beer, tonic water **\$4.0**

Fuze Iced Tea : peach, lemon, mango **\$5.0**

Kerri Fruit Juices 300ml : cloudy apple, orange **\$3.5**

By the Glass : coke, diet coke, dry ginger ale, sprite **\$3.5**

Smoothies & Shakes

*smoothies & shakes are made with ice cream and milk. Vegan options are available. Yoghurt option available.

Milkshakes \$5.9 Thickshakes \$6.9

Chocolate, strawberry, caramel, vanilla

Fruit Smoothies – Strawberry, mango, banana or mixed berry **\$8.0**

The Satisfier – banana, chocolate, peanut butter **\$8.5**

Coco Mango – mango, coconut cream, passionfruit **\$8.5**

Banana Berry – mixed berries, banana, honey **\$8.5**

Oreo Peanut Butter – Oreo cookies, chocolate, peanut butter **\$8.5**

Oreo Banana – Oreo cookies, banana, chocolate **\$8.5**

Mocha Smoothie – double shot espresso, chocolate **\$8.5**

***Smoothie Boosters \$2.0 each** – vegan soy protein, whey protein, creatine, L-Carnitine, L-Glutamine, super greens

Alcoholic Drinks (available from 10am)

Beer on Tap	Pot (285ml)	Schooner (425ml)
Stone & Wood Pacific Ale	\$5.5	\$6.9
Peroni Leggera (mid strength)	\$5.5	\$6.9
James Squire Orchard Crush		
Apple Cider	\$5.0	\$6.4

Bottled Beer

Asahi, Balser XPA (can), BB Bighead (no carb), Corona, Peroni Nastro Azzurro **\$8.0**

Pure Blond Premium Mid **\$7.5**

James Boag's Premium Light **\$7.5**

White Wines & Sparkling

Hartog's Plate Sauv/Semillon WA **\$6.5/\$26**,

821 South Sauv Blanc NZ **\$8.5/\$32**,

St Hubert's 'The Stag' Chardonnay VIC **\$8.55/\$35**

Devil's Lair 'Dance with the Devil' Chardonnay WA **\$42**

Truvée Pinot Gris SA **8.5/\$34**

Cape Schanck Pinot Grigio VIC **\$35**

T'Gallant Proseco VIC **\$7.5/\$32**

Seppelt Fleur de Lys Pinot Chardonnay **\$8.0/\$32**

T'Gallant 'Juliet' Moscato VIC **\$28**

Red Wines

Wold Blass Private Release Shiraz SA **\$8.0/\$34**

19 Crimes Shiraz SEA **\$44**

Wynns Coonawarra 'The Gables' Cab Sauv SA **\$8/35**

Devil's Lair 'Dance with the Devil' Cab Sauv SA **\$44**

Yalumba 'Y Series' Merlot SA **\$8.0/\$34**

Fickle Mistress Pinot Noir NZ **\$42**

Squealing Pig Rosé NZ **\$40**

Spirits

Basic **\$6.5**, Mid Shelf **\$8.0**, Top Shelf **\$10**