

BREAKFAST

Toast (GFO) (NF) (V) Artisan Sourdough, Mixed Grain, Light Rye, Gluten Free w Condiments (Butter, Jam or Vegemite). Fruit Toast/ Gluten Free +1	9
Eggs Your Way (GFO) (NF) (VG) Free Range Eggs, Choice of Sourdough, Mixed Grain, Light Rye. Gluten Free/ Scrambled +1	13.5
Home Made Honey Roasted Granola (VG) Mango Panna cotta. Fresh Fruit, Whipped Berry Yoghurt.	19
Sons Avo (GFO) (VG) Citrus Infused Smashed Avo, Toasted Multigrain, Roast Pumpkin, Poached Egg, Pumpkin Hummus, Cherry Tomatoes, Goat's Feta, Dill, Radish, Dukkah. Add Smoked Salmon 7 Forest Mushrooms 5 Add Bacon 4	25
Chilli Scrambled Eggs (GFO) (VG) Scrambled Eggs, Asparagus, Cherry Tomatoes, Onions, Chilli Oil, Feta, Crispy Curry Leaves, Dehydrated Chilli, Turkish Loaf. Add Hash Brown 3	24
Canadian Pancakes (VG) (NFO) Maple Bacon, Vanilla Mascarpone, Caramelised Banana, Vanilla Ice Cream, Maple Syrup, Candied Nuts. Add Fried Egg 3	24
MYO Benny (GFO) (NF) Wilted Spinach, Poached Eggs, Hollandaise, Sourdough, Choice of Smoked Salmon, Bacon, Ham. House Smoked Beef Brisket +1	24
Breakfast Burrito (NF) Scrambled Eggs, Bacon, Chilli Black Beans, Spinach, Avocado, Tomatoes, Chipotle Mayo, Tomato Relish, Chips. Add Chorizo 5	25
Shakshuka Eggs (GFO) (VG) (NF) Ratatouille, Goat's Feta, Poached Eggs, Coriander, Zaatar Turkish Loaf. Add Chorizo 5	25
Skillet Mexicana (GFO)(NF) Beef Con Carne, Mozzarella Cheese, Fried Egg, Avocado, Tortilla Crisps. Add Chorizo 5	26
Feed Me Breaky (VGO) (GFO) (NF) Choice of Toast & Eggs, Bacon, Chorizo, Roast Tomato, Forest Mushrooms, Hash Brown, Tomato Relish.	29

LUNCH

Reuben Sandwich (GFO) (NF) 12 Hours Smoked Beef Brisket, Rye, Swiss Cheese, Pickles, Dijonaise, Sauerkraut, Crispy Shallots, Chips, Aioli.	25
Harissa Bowl (GFO)(NF) Harissa Flavoured Charred Chicken, Rice, Salad, Tzatziki, Flat Bread.	27
Steak Sandwich (NF) Chargrilled Steak (MR), Wholegrain Mustard, Caramelised Onions, Rocket & Parmesan Salad, Rye, Chips, Aioli. Add Bacon 4 Fried Egg 3	29
Angus Beef Burger (NF) Beef Pattie, Caramelised Onion, Burger Cheese, Tomatoes, Hickory BBQ, Onion Rings, Chips, Aioli. Add Bacon 4 Fried Egg 3 Pineapple 2.5	25
Fried Chicken Burger (NF)(GFO) Buttermilk Fried Chicken, Burger Cheese, Slaw, Jalapeños, Onion Rings, Aioli, Chips. Add Bacon 4 Fried Egg 3 Pineapple 2.5	25
Veggie Burger (VG)(NF) Home Made Vegetarian Patty, Lettuce, Tomatoes, Onions, Tomatillo Chutney, Chips, Aioli.	24
Chicken Parmigiana (NF) Tomato Sugo, Smoked Ham, Mozzarella, Tasty, Parmesan, Garden Salad, Chips, Aioli. Add Mushroom Sauce 3.5	28
Fettuccini Carbonara (NF) Smoked Bacon, Pecorino, Egg Yolk, Cracked Pepper, Parsley. Add Grilled Chicken 7	27
Pan Seared Barramundi (NF)(GF) Garden Salad, Herbed Butter, Lemon.	27
Calamari Salad (GFO) (NF) Flash Fried Calamari, Asian Salad Mix, Coriander, Ginger & Lime Dressing, Lime Tartare.	26
Chicken Salad (GF)(NFO) Pulled Chicken, Lettuce, Red Onion, Cucumber, Tomatoes, Coriander, Shallots, Roasted Peanuts, Sesame Dressing, Chilli, Lime.	26

FEAST FOR TWO//69

Smoked Bacon, Eggs, Forest Mushroom, Sesame Avo, Chorizo, Hash Brown, Tomato Relish, Zaatar Turkish, Seasonal Fruit, Waffle, Coffee Cream, Served w/ Cold Pressed Fresh Orange Juice.	OPT 1
House Smoked Beef Brisket, Eggs, Forest Mushroom, Sesame Avo, Grilled Chicken, Hash Brown, Tomato Relish, Zaatar Turkish, Seasonal Fruit, Waffle, Coffee Cream, Served w/ Cold Pressed Fresh Orange Juice.	OPT 2

EXTRA

Toast	3.8
Egg/ Hash Brown	3
Bacon/ Grilled Halloumi	6
Grilled Chicken/ Smoked Salmon	7
Avocado/ Chorizo/ Mushrooms	5
Roasted Tomato/ Feta/ Spinach	4.5
Lamb Meatball Skewer (60g)	4

SAUCES

Hollandaise	4
Tomato Relish	3
Aioli/ BBQ/ Hot Chilli	2.5
Gravy	3.5
Chilli Oil	2



COFFEE BY INDUSTRY BEANS

Coffee From \$4
Espresso, Double Espresso, Latte, Flat White, Cappuccino, Long Black, Piccolo, Magic, Mocha, Short Macchiato, Long Macchiato, Affogato.

Coffee Alternatives From \$5
Hot Chocolate Reg/ Belgium, White Hot Chocolate, Jaffa Hot Chocolate, Chai Latte, Dirty Chai, Maison Koko Matcha Latte, Turmeric Latte, Prana Loose Leaf Chai, Babyccino.

Artisan Tea \$5
English Breakfast, Japanese Sencha, Earl Grey, Jasmine Green, Peppermint, Lemongrass, Hibiscus & Ginger, Chamomile.

Cold Beverages From \$6
Iced Long Black, Iced Latte, Iced Coffee, Iced Chai, Iced Chocolate, Iced Mocha, Iced Matcha, Iced Strawberry Matcha, Iced Coconut Matcha, Iced Turmeric.

Add-Ons / Substitutes \$0.60
Bonsoy, Milklab- (Almond, Oat, Coconut, Lactose Free), Freshly Ground Decaf, Vanilla, Caramel, Hazelnut.

JUICES / SMOOTHIES / SOFT DRINKS

Cold Pressed Fresh Juices From \$10
SONShine - Carrot, Apple, Orange, Ginger, Turmeric.
Green Juice - Spinach, Celery, Apple, Orange, Lemon.
Blood Booster - Spinach, Beetroot, Apple, Carrot, Ginger, Lemon.

Mix any three of your choice.
Orange, Watermelon, Apple, Carrot, Ginger.
Pineapple +2.

Smoothies From \$10
Mango Madness - Mango, Mango Sorbet, Coconut Milk
Berrie Crush - Berries, Berry Sorbet, Apple Juice.
Nana - Banana, Almonds, Maple Syrup, Almond Milk.

Soft Drinks From 4.5
Coke, Coke Zero, Sprite, Soda, Lemon Squash,
Lemon Lime Bitters, Ginger Beer, Sparkling Water

MOCKTAILS 13

Lychee Sunrise
Aloe Vera Lychee, Orange Juice, Grenadine

Tutti Fruity
Passionfruit Sorbet, Aloe Vera Lychee, Mint, Lime

Mango Lassi
Greek Yoghurt, Mango Nectar, Coconut Milk

SONS OF MANOR



DIETARIES

VG	VEGETARIAN	GFO	GLUTEN FREE OPTION
V	VEGAN	NF	NUT FRIENDLY

PLEASE BE ADVISED THAT WE CANNOT GUARANTEE THAT OUR PRODUCTS ARE STRICTLY FREE FROM ANY ALLERGIES.

FOR THE KIDS

Bacon & Scrambled Egg on Toast	13.5
Linguini Napolitana, Parmesan (NF) (V)	14
Chicken Nuggets & Chips (NF)	14
Mini Parma & Chips (NF)	15
Lamb Bolognese, Linguini, Parmesan (NF)	16
Pancake w/ Vanilla Ice Cream, Fairy Floss, Maple Syrup	14
Waffle w/ Vanilla Ice Cream, Maple Syrup, Sprinkles (NF)	13.5

KIDS MENU IS AVAILABLE FOR KIDS AGED 12 AND UNDER

SHARING SIDES

Chips w/ Aioli	13
Wedges w/ Sour Cream, Sweet Chilli	15
Onion Rings w/ Tomato Relish	15
Lemon Pepper Calamari, Mesclun w/ Lime Tartare	15
Garden Salad w/ Lemon Dressing	12

PLANNING A FUNCTION/ CATERING- ENQUIRE WITHIN

15% SURCHARGE APPLIES ON PUBLIC HOLIDAYS.

WE ONLY SPLIT PAYMENTS UP TO 3 WAYS FOR LARGE GROUPS