

# POST

MANGIA / EAT

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## BREAKFAST

### JUICES

Orange, fruit and vegetable extraction of the day 8

### BREAD

Toasted Sourdough, 9 grain whole wheat, spiced fruit and nuts, banana with house-made preserves, honey and butter 12

### HOT

Smoked ham 24  
poached egg, hollandaise sauce, english muffin

Scrambled eggs 19  
double smoked bacon, toasted sourdough

Post breakfast 26  
eggs cooked to your liking, pork sausage, double-smoked bacon, mushrooms, roasted tomato, baked beans, potato roesti

Zucchini roesti 18  
smoked salmon, dill and lemon scented cottage cheese \*CS

Lemon scented pancakes 18  
banana, berries, cashew maple cream \*CS

Nut and seed "real toast" 18  
crushed avocado, tomato, cucumber \*CS

Egg white and kale omelette 18  
mushrooms and roasted tomato \*CS